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Food, Page 1C

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Granite City Journal

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VOLUME 21, NUMBER 66

WEDNESDAY, AUGUST 20, 1997

FIFTY CENTS



Staff photo by JOHN FRESE
Susan Gutierrez (right) 'poses' new All-American Team cheerleader Sarah Riggs. Gutierrez tutored Sarah before she went to camp.

GC has All-American girl

By Scott Kelly
Staff writer

Sarah Riggs' toughness, determination and dedication were strong enough that the National Cheerleaders Association named her to the All-American team.

Sarah, however, is not yet cheering in front of a crowd.

The almost-14-year-old from Granite City will be a freshman at Granite City High School this fall. She is only the second girl from Granite City to be named to the NCA All-American Team. The first was Susan (Wilder) Gutierrez, named in 1991.

Sarah attended a cheerleading camp (See CHEER, Page 9A)

Judge denies vote on incorporation

County board's authority upheld

By Scott Kelly
Staff writer

The incorporation of Mitchell will remain a dream, at least for now.

Associate Judge Randall Bono dismissed on Monday a petition of those seeking the incorporation of the Mitchell area. There will be no vote on the November ballot.

"The petitioners will have to decide if they want to appeal," said James Sinclair, attorney for the Mitchell incorporation.

Bono basically upheld two resolutions the county board had passed within the last 30 days. On July 16, the County Board approved a resolution claiming power to review incorporations and annexations based on the land-use plan.

On Aug. 13, the board passed a resolution that said Mitchell could not incorporate. The incorporation proponents filed their petition July 14.

"What had happened here is an attempt by Madison County to change the rules after the fact," Sinclair said. He argued the county was passing laws to deal with Mitchell's incorporation after the move-

"What had happened here is an attempt by Madison County to change the rules after the fact."

James Sinclair
Mitchell incorporation attorney

ment was long underway.

Bono disagreed.

"The county has adopted a plan," Bono said in his ruling, referring to the 1974 land use plan. The board needed to prepare a resolution to make the plan effective, and the county executed that plan July 16, he said.

"It is not *ex post facto* legislation," Bono said.

The court was mindful and sympathetic to those in the Mitchell area, and the court believes in the right of self-determination, he said. However, the petitioners did not follow the rules, even though the rules were changing at the time.

The area for the proposed incorporation for the most part followed the boundaries of the Mitchell Fire Protection District. It was 20 square miles, bounded by the Mississippi, the Hartford/South Roxana boundaries to the north, Edwardsville to the east, and Granite City/Pontoon Beach to the south. Many of those communities opposed the incorporation.

Opponents of the incorporation based their legal objections largely upon the fact that the county had a land-use plan and the board had passed resolutions dealing with incorporations.

(See RULING, Page 2A)

Group protests demolition of buildings

By Scott Kelly
Staff writer

One side's progress is another's ghost town.

Carrying signs displaying such slogans as "Save Our City," several downtown Granite City business owners, their families and supporters marched in front of City Hall Monday.

They were protesting what they

consider to be the destruction of the Downtown area. The main target of their protest was Mayor Ron Selph, who was unavailable for comment as of Journal press time.

Elaine Holmes carried a sign that read, "Due to our current administration, our downtown is turning into a ghost town — why?"

Holmes is currently in a fight with the city to prevent her building at 1830 State from being torn down.

GRANITE CITY

"We just want them to stop tearing down buildings," she said. Her husband, James Holmes, explained why they want to preserve the downtown buildings.

"People come down here to shop, and they find (fast food restaurants) (See PROTEST, Page 8A)

Doing the King's thing

By Cheryl A. Moody
Staff writer

C.C. Grider says he met Elvis Presley in a train station when both were about 12 years old. Grider didn't know that 45

years later he would be impersonating the boy he met that day.

As Grider tells it, he and his mom were killing time at Union Station in Memphis during a three-hour layover to

Alabama some time around 1947. A blonde haired, blue-eyed boy about Grider's age told him about his dad in jail and his mom doing laundry and sewing so his family could make ends meet.

The young boy, who said his name was Elvis, was shining shoes at the train station to help his family.

Grider said that years later when he saw a picture of Elvis as a young boy, he realized the photo showed a person identical to the Elvis he met in Memphis.

(See KING, Page 4A)

In the Journal

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5

FULLER'S FORECAST

John Fuller, Meteorologist, KSDK NewsChannel 5

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
83 68	82 67	83 68	85 69

C.C. Grider prepares to transform himself into "the King."

Irwin Chapel

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NEWS

Davis seeks to tighten fireworks licensing

An area legislator wants to tighten licensing requirements for companies that put on large-scale fireworks displays. State Rep. Steve Davis, D-Bethalto, said the need for such action is evident since an accident that killed three fireworks operators at Alton's July 3 fireworks display.

Davis said he would introduce legislation that requires the Illinois Department of Natural Resources to institute a training program as part of its licensing procedure by March 15, 1998, and require companies to obtain permits for fireworks displays from local municipalities. Permits could be issued only to companies with state licenses.

"With this legislation, hope-

fully, we can prevent such a devastating accident from ever happening again."

Davis said current law does not require formal training for fireworks operators.

"This is a safety issue for the operators and for the people who come out to see the fireworks every Fourth of July," he said.

Three workers for Mad Bomber Fireworks Productions Inc. of Crown Point, Ind., were killed July 3 when a skyrocket misfired and fell back onto a fireworks barge in the Mississippi River, igniting many of the shells on board. One man was killed by the blasts. Two others drowned after being blown off or jumping off the barge.

On July 24, Brent Manning, director of the Department of Natural Resources, announced a maximum \$5,000 administrative fine against the company and said the department would ask Madison County State's Attorney William Haine to file criminal charges against the company for handling fireworks without a state license.

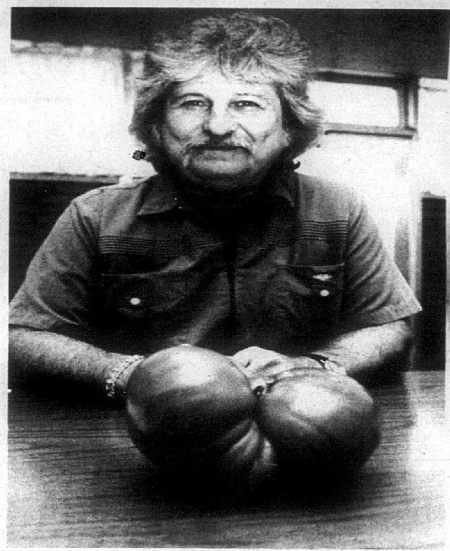
Haine said last week he hadn't acted because he had not seen the agency's complete reports on its investigation. He said Monday his office had received additional information but there were still unanswered questions.

"The question is whether there's any criminal intent. Is there sufficient evidence to charge a Class 3 felony?"

"With this legislation, hopefully, we can prevent such a devastating accident from ever happening again."

Rep. Steve Davis

That's a very serious matter," Haine said he wants to know how strictly the DNR has been enforcing state licensing requirements.



Staff photo by JOHN FRESSE

Tomato winner

The winner in the second week of the *Journals'* Big Tomato Contest is Hubbard Miller, with his 2.8-pound prize tomato.

POLICE BEAT

Granite City

MORNING BREAK-IN: A senior resident received a surprise Saturday when a man entered his Granite City apartment and ran away carrying a remote control device and a scanner, police said.

The renter, Carl McAllister, 70, of 2100 Cleveland, was sitting at his kitchen table giving himself a breathing treatment at 3:50 a.m.

The suspect allegedly entered his living quarters, said Assistant Chief of Police Kip Pomeroy.

Both the front and back doors of

the apartment were open, Pomeroy said, adding McAllister apparently was trying to cool himself when the burglary occurred.

Arrested and charged with residential burglary in the incident was 30-year-old Dennis Bugg of 2138 Cleveland.

Pomeroy said police happened to be in the neighborhood when the call came in, aiding in the quick capture of the suspect.

Bugg is in the Granite City Jail on \$40,000 bond, he said.

•Ruling—

(Continued from Page 2A)

By law, Mitchell must obtain permission to incorporate from neighboring municipalities unless the village has at least 7,500 voters within its proposed boundaries. It now must go

before the county board, which has power now to review incorporation petitions and annul them.

Petitioners would appeal in the 5th District Appellate Court, if they decide to do so, Sinclair said.

Thief makes off with dream car

Police search for trophy-winner

Jim Frame was a 10-year-old schoolboy in Alton when he dreamed about driving his own custom-designed car some day.

His dream may have been shattered Aug. 13 after a thief stole his sleek trophy-winning 1972 Oldsmobile from outside his apartment at Southern Illinois University at Edwardsville.

"I looked out on the parking lot, and my beautiful car was gone," said Frame, 24, an art education student at SIUE. "I was shocked. I couldn't believe it."

A thief sneaked into the parking lot in the 500 block of Tower Lake Apartments early Aug. 13 and stole Frame's shiny black Oldsmobile 442. SIUE police and Illinois State Police are searching for the car, which bears the license plate JIMS 442.

"The car is my pride and joy," Frame said.

He said that when he was a boy, his father, John, took him to car shows.

"My dad won prizes for his 1969 GTO car," Frame followed his father's footsteps and bought the 1972

Oldsmobile five years ago, then invested \$7,000 to restore it.

"Every dollar I earned went into restoring the Olds. It has beautiful new paint, a brand new vinyl top and custom tan and black leather cloth interior."

Frame has a sentimental attachment to the car; he was born in 1972.

"It's gorgeous-looking, a championship car," said his mother, Kathy Frame of Alton.

People along the streets of Alton and Edwardsville often stopped to admire his car, Frame said.

"My car stands out," he said. "People waved and gave me a thumbs-up when I drove down the street."

At auto shows, spectators crowded around his car to admire the beautiful body with a 450-horsepower engine, chrome valve covers and chrome wheels.

"My Oldsmobile is 25 years old, but it looks like it was just driven out of the showroom," Frame said.

"I won 21 trophies and awards in the last two years with the car," Frame said.

NEWS BRIEFS

Granite City

CHANGE OF COMMAND: Capt. Gregory S. Waters assumes command of the U.S. Army Charles Melvin Price Support Center Headquarters Company and Personnel Service Center at 10 a.m. today.

BACK TO SCHOOL: The Granite City Fire Department and the J.C. Penney Catalog Store are teaming up for their annual Back to School Child Awareness Day.

The event will be held Saturday from noon to 3 p.m. at the Penney's Catalog Store in Crossroads Plaza.

Firefighters will be at the store to talk with children about fire safety. "Spark" the fire dog will be making his debut appearance to entertain the kids.

Also, the fire department's Fire Safety Smokehouse will be on site. A new addition this year will be Fire Draw from Operation Lifesaver. He will be teaching kids the importance of railroad safety.

The public is encouraged to attend the event. Refreshments will be served. J.C. Penney will be giving away school kits to the children and identification kits.

Kids can also register to win one of five Michael Jordan basketballs to be given away. Adults may enter the grand prize drawing of a \$150 gift certificate to be given away by J.C. Penney. For more information, call 451-0545.

Madison County

ADOPT-A-PET: Madison County Humane Society is holding an adoption day from noon to 4 p.m. Saturday, Aug. 23, at PetSmart in O'Fallon. Puppies, dogs, kittens and cats are available for adoption. The cost of adopting a dog is \$60 and includes a tag and \$15 spay/neuter deposit. Cat adoptions are \$40, which includes FVRCP shots, collar, ID tag and \$15 spay/neuter deposit. Purebreds and declawed cats are available.

For more information, call the Madison County Humane Society at 858-4405.

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'Ever that

By Ronnie R... Staff writer

So far this had science fiction... ("The Lost World" and "Conan" only a matter of the science fiction... was heard from... And with the "Alien" series November, the year is Par... "Event Horizon" The year is deep space... Event Horizon the boundary... at the point... gravity can... lapsed stars... reappeared... Neptune, where... peared seven ye...

WTA

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- Branson Vacat...
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Keepsake

ENTERTAINMENT

'Event Horizon' is sci-fi thriller that you simply must not miss

By Ronnie Roy
Staff writer

So far this summer we've had science fiction-adventure ("The Lost World"), science fiction-action ("Face/Off"), science fiction-comedy ("Men In Black") and science fiction-drama ("Contact"). It was only a matter of time before the science fiction-horror genre was heard from.

And with the latest in the "Alien" series pushed back to November, the entry for this year is Paramount Pictures' "Event Horizon."

The year is 2047 and the deep space research vessel Event Horizon (named after the boundary of a black hole, at the point where no light or gravity can escape the collapsed star's gravity) has reappeared near the planet Neptune, where it had disappeared seven years earlier.

The spaceship was a prototype with a special gravity drive (which looks a lot like the machine for interstellar travel used in "Contact") designed by Dr. William Weir (Sam Neill). The drive was supposed to allow the ship to bend time and space and travel at faster-than-light speed to the farthest reaches of the universe. It disappears on its maiden voyage.

When an emergency beacon from the ship is picked up outside Neptune's orbit, Weir joins the crew of the Lewis & Clark, a search and rescue ship headed by Capt. Miller (Laurence Fishburne), to recover the ship and its crew.

Once aboard the ship, things get strange. Blood is splattered on the walls, but few bodies are found. A garbled message is the only thing recovered

from the ship's log.

Soon, crew members have hallucinations of their worst nightmares. It becomes apparent that some presence, not physical and not friendly, has taken control of the Event Horizon.

Miller decides to destroy the spacecraft, but Weir, who has become more distant from the crew the longer he's aboard the ship, will not let anything happen to it.

"Event Horizon" is an engrossing thriller. The special effects are impressive and the horror, relying on psychological terror rather than physical, blood-thirsty creatures, is a welcome change.

Directed by Paul Anderson, the film also stars Kathleen Quinlan, Joely Richardson, Richard T. Jones, Jack Noseworthy, and Jason Isaacs.



Peters (Kathleen Quinlan) and Capt. Miller (Laurence Fishburne) explore the main access corridor of a mysterious spaceship in the science-fiction thriller "Event Horizon."

HOROSCOPE

Wednesday, Aug. 20

This afternoon, the moon arrives in Aries, bringing action and creating a positive aspect with both Saturn and Pluto. Now's an excellent time to get your emotional house in order and resolve feelings that no longer serve your needs. A new understanding on old issues will resolve any conflicts left over from the past. Life is easier when you think in simple, logical terms.

TODAY'S BIRTHDAY (Aug. 20) Get with it! It's a prime time to finish old projects and get on with more lucrative ones. The next six weeks bring terrific luck and could even turn your life around! September is filled with romantic flings and adventures. Settle down by November with an Aries or a Libra. Honesty impresses the boss—receive a raise by December. Travel is desirable in September or January.

ARIES (March 21-April 19) You can emerge relatively unscathed from a difficult meet-

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ing at work with a co-worker's career search continues, and opportunities will start arising soon. Change old patterns with the help of a motivating Libra. Make it possible for a child's dream to become a reality. Propose an unusual idea to a relative or neighbor.

LEO (July 23-Aug. 22) Your career search continues, and opportunities will start arising soon. Change old patterns with the help of a motivating Libra. Make it possible for a child's dream to become a reality. Propose an unusual idea to a relative or neighbor.

VIRGO (Aug. 23-Sept. 22) A relative finally commits to a family project you've been longing to complete. Your savvy and independence impress a potential new love interest. Pounce on an opportunity to learn new skills at work.

LIBRA (Sept. 23-Oct. 23) Welcome your new celebrity status by attending social gatherings at work. Resolve past conflicts and

TAURUS (April 20-May 20) Your professionalism earn you a coveted position on a community or group panel. Ask specific questions of a potential business partner. Make a plan of action for an upcoming social event. Involve a Gemini or Sagittarius.

GEMINI (May 21-June 21)

During a trying meeting at work, your humor impresses the boss. Don't put off decisions regarding your personal life. Team up with a Pisces, and plan a smashing social gathering. Resist the urge to stray from your diet.

CANCER (June 22-July 22) A co-worker insists on helping you finish a project early. Accept the invitation of a new club or group. Save money for a future vacation or shopping spree. Revel in the attention a current love is giving you.

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GEMINI (May 21-June 21)

your energy will increase. A romantic partner is open to new ideas on how to improve the relationship.

SCORPIO (Oct. 24-Nov. 21) Your dynamic energy is exactly what a lengthy business meeting needs to get everything accomplished. A past love phones or writes with an honest desire to pick up where you left off. Ask a Pisces for advice on this one.

SAGITTARIUS (Nov. 22-Dec. 21) Perfect your verbal skills with the help of a professional. Try new ways of doing the usual chores and you'll discover a hidden talent. Your love is willing to be patient a little longer. Surprise a child or sibling with a pet.

CAPRICORN (Dec. 22-Jan. 19) Lift your spirits by getting involved in cultural or community activities. Receive an expression of love from a Scorpio. A temporary snag on a work project is the spark for a whole new idea. Separate yourself from an ex-love.

AQUARIUS (Jan. 20-Feb. 18) Your financial skills determine an upcoming raise or promotion. Special attire is required to attend a social gathering. Heed the advice of a Gemini or Aries. A pet or child makes you laugh and learn.

PISCES (Feb. 19-March 20) Your emotional sensitivity gains the trust of a new love. Having fun is important—not winning. Needed cash comes from an unexpected source. Experiment with new methods of cooking or decorating.

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10709 Watson Rd.
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Did You Know that the Carrousel Child Care Centers provide these services -

Staff Ratio	Weekly Rates
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Toddlers 1-5	\$60.00
Potty Trained to 3 1-8	\$70.00
Three & Fours 1-10	\$65.00
School-Age 1-10	\$65.00

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Our Preschool Program is designed to prepare children for Kindergarten.
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NOW ENROLLING
CALL 876-4056 (4 Yrs. - School Age)
876-6867 (6 Wks to 3 Yr. Olds)
(TOTS)

COMMUNITY CALENDAR

Church

THE BLOOD OF THE LAMB PRAYER AND BIBLE STUDY. The public is invited to come for praise and worship, teaching from the Word and prayer for your needs every Tuesday from 10:30 a.m. to 12:30 p.m. at Full Gospel Fellowship Hall, 2301 Orville, Granite City. A nursery will be provided. If a ride is needed, call 451-4020 or 1 (314) 868-1855.

NOON BIBLE STUDY. Nameoki United Methodist Church, 1900 Pontoon Road, every Wednesday from 12-1 p.m. Bring a sack lunch and Bible.

MONDAY NIGHT WORSHIP SERVICE. every Monday evening at 7 p.m. for those who can't attend Sunday services, Nameoki United Methodist Church, 1900 Pontoon Road.

GENERATION JESUS YOUTH GROUP. led by youth minister, 6-8 p.m. every Sunday at Nameoki United Methodist Church, 1900 Pontoon Road.

CENTRAL CHRISTIAN CHURCH. 2020 Johnson Road, holds Sunday School at 9:30 a.m. and morning worship at 10:45 a.m. every Sunday. Everyone is welcome.

RICA BEGINS (Rite of Christian Initiation of Adults) at Holy Family, 2600 Washington, Aug. 28, 7 p.m., in the Community Center. This program provides information on the Catholic faith, our beliefs, our worship, and our faith community. The group will meet weekly until Pentecost. Those who choose, will receive the Sacraments of Initiation on Easter Vigil. For more information, call 877-7158.

Dance

MIDWESTERN UNITED STATES IMPERIAL DANCE CLUB (MUSIC) will hold its regular meeting Sunday, Aug. 24, 6 p.m., at the American Legion in Collinsville. The public is invited for dance lessons and open dancing at a cost of \$4 for nonmember and \$2 for members. For more information, call 463-2405.

BOOTS & SLIPPERS SQUARE DANCE CLUB. square dance lessons, 7 to 9 p.m., every Monday, St. Paul Lutheran Church, Fairview Heights. The cost is \$2.50 per person, per lesson. For more information, call 797-8528 or 344-4636.

Square Dancing is good for your health and body exercise. It provides an inexpensive opportunity for couples to be together for fun and fellowship only no competition. **BOOTS & SLIPPERS SQUARE DANCE CLUB** is starting square dance lessons on Monday, Sept. 8, at St. Paul Lutheran Church in Fairview Heights. Lessons will be open for three weeks to admit new students. Call 797-8528 for more information.

Entertainment

AN EVENING OF GLENN MILLER MUSIC. Thursday, Aug. 21, 7:30-9:30 p.m., presented by the Granite City Park District at Wilson Park, 29th & State, Granite City, with Drummer Stan Fornasewski and his 14pc. Big Band and featuring vocalist, Bonnie Fornasewski. This will be the final concert of the season. Limited park bench seating is available, but lawn chairs or blankets are recommended. For more information, call the Big Band Concert Line at 451-2899.

Food/Nutrition

RESCUE MISSION. 1536 Fourth St., Madison, food pantry is open from 9 a.m. to noon every Saturday. Samuel Turner is the chairman, Valonda Turner is the secretary and Alfred Turner is the pastor.

GRANITE CITY FOURSQUARE CHURCH. 12th and Edwardsville Road, hot meals served free of charge, the last Monday of each month, to those in need or those who just want someone to talk to. Open to the public. For information or a ride, call 451-9635.

Health/Exercise

Bemis Chiropractic. 3361 Fehling Road in Granite City, is offering FREE ELECTRONIC SPINAL SCREENINGS from 9 a.m. to noon every Tuesday and Thursday. Call 876-2273 for more information.

TOPS 2363. 6:30 p.m. every Thursday at Anchorage Recreation Center, 2909 Edwards St. For more information call Bobbie at 452-0273.

FREE SENIOR CITIZEN EXERCISE CLASS. 9 a.m., every Thursday,

Anchorage Recreation Center, 2909 Edwards.

TOPS 2048 (Take Off Pounds Sensibly), 6 p.m. every Monday, Melvin Price Support Center in Granite City, 876-2124.

TOPS 1145. 7 p.m. every Monday, Anchorage Recreation Center, 2909 Edwards St., Granite City, 452-6102. Men and women welcome.

TOPS 1689. (Take Off Pounds Sensibly) will meet at 8:45 p.m. every Tuesday at the Anchorage Recreation Center, 2909 Edwards St.; call 797-2724 for more information. Men and women are welcome to attend.

St. Elizabeth Medical Center's Behavioral Health System's Warren Neal and Carolyn Jackson will present a talk on "INTERVENTIONS: HOW TO TALK TO SOMEONE ABOUT AN ALCOHOL OR DRUG PROBLEM," Tuesday, Aug. 26, at 7:30 p.m. This talk will be held in the PSC Hall at SEMC and is free and open to the public. Call the Resource Center at 798-3888 to register, or for more information.

Organizations

GRANITE CITY BUSINESS AND PROFESSIONAL WOMEN. meeting at Jerry's Cafeteria. Dinner at 6:30 p.m., third Wednesday of each month, followed by a program at 7:15. Open to the public. For more information call 452-5391 or 451-6914.

NOON NETWORKING FOR WOMEN. third Wednesday of each month, noon to 1 p.m., Ramada Inn in Fairview Heights. Cost is \$10 (no annual dues). Please feel free to bring your business cards and brochures. Bring a friend a get \$4 off your next lunch at Noon Networking.

THE SARAH AND DORCAS CIRCLES OF CHRISTIAN WOMEN. meeting at 9:30 a.m. the third Thursday of each month. For more information and/or meeting location, call Helen Stumpe at 931-2098.

THE RUTH CIRCLE OF CHRISTIAN WOMEN'S FELLOWSHIP. meets at 7 p.m. the third Thursday of each month. For more information and/or meeting location, call Helen Stumpe at 931-2098.

LYDIA CIRCLE of Nameoki United Methodist Church meets at 1 p.m. the third Thursday of each month. For more information phone, 877-1836.

THE JOLLY QUILTERS. 9 a.m. to 2 p.m., every Thursday at the Granite City, 966 Thorngate Drive, Mitchell.

GRANITE CITY COMMUNITY BAND rehearsals. 7:30 to 9 p.m. every Thursday, St. John United Church of Christ, 2501 Nameoki Road, Granite City, 931-0443.

GRANITE CHAPTER 650 ORDER OF THE EASTERN STAR meets the fourth Friday of each month, 7:30 p.m., at the Masonic Temple, 20th Street and Cleveland Boulevard in Granite City.

QUAD CITY YOUTH FELLOWSHIP. meets the second and fourth Saturday of each month, 2257 Cleveland, 7 p.m., 931-3480 or 877-4848.

BENEVOLENT AND PROTECTIVE ORDER OF ELKS. Granite City Lodge 1063, Maryville Road, Granite City, 931-3557, 8 p.m., fourth Tuesday of each month.

JOB'S DAUGHTERS BETHEL #43 meets the fourth Tuesday of each month at 7 p.m. at the Masonic Temple, 20th Street and Cleveland Boulevard.

KNIGHTS OF COLUMBUS, 3RD DEGREE. 4225 Old Alton Road, 7:30 p.m., fourth Tuesday of each month, 877-4250.

GRANITE CITY KIWANIS meet at Shoney's at 7:30 a.m. every Tuesday.

The Troy/Maryville/Collinsville chapter of BUSINESS NETWORK INT'L (BNi) meets every Tuesday at 7 a.m. at Randy's Restaurant in Troy. For more information, please call Lisa at (618)687-8340.

Pets

ADOPT A PET DAY. Saturday, Aug. 23, 12 noon to 4 p.m., at PetsMart in O'Fallon. Dogs or puppies, \$50. Cost includes rabies shot, DHLPP, collar, leash, id tag and \$15 spay/neuter deposit. Cats or kittens (purebreds and declared available), \$40. Cost includes FVRCP shots, collar, id tag, and \$15 spay/neuter cost. For more information contact the Madison County Humane Society at 456-0405 or the Collinsville branch at 344-0109.

School

SCHOOL OF METAPHYSICS. 7:30 to 10:30 p.m., every Tuesday, 9459 Roslan Place, St. John, Mo. 63114. Classes in applied metaphysics. Call Melanie McManis at 428-0076.

Seniors

PONTON BEACH SENIOR CITIZENS BINGO. every Wednesday, 11:30 a.m., 3910 Illinois 111, Pontoon Beach.

ATTENTION MEDICARE BENEFICIARIES. Come and hear how Advantage can give you complete healthcare coverage. You are invited to hear a presentation every Tuesday and Thursday at 10 a.m. at the Pontoon Beach Senior Center, 3910 Highway 111, Pontoon Beach.

EAGLE PARK ACRES SENIORS OF MADISON meet every Thursday from 10 a.m. to noon at 100 Hill St. (rear), Eagle Park Acres, Madison.

FREE SENIOR CITIZEN EXERCISE CLASS. 9 a.m., every Thursday, Anchorage Recreation Center, 2909 Edwards.

FRIDAY AFTERNOON PINOCCHIO CLUB for seniors 55 and over meets at 12:30 p.m. every Friday at the Harold Brown Building, Franklin Avenue and Pontoon Road. Call 877-0350 for more information.

SENIOR SOCIAL CLUB DANCE. 6 p.m., Monday, Aug. 25, Nelson Hagnauer Township Hall. Doors open at 5:30 p.m.; refreshments served at 6 p.m.; dancing at 7 p.m. Call 877-1215 for more details.

Support Groups

PULMONARY SUPPORT GROUP. for persons with diagnosed lung condition, 11 a.m. to noon every Wednesday at St. Elizabeth Medical Center, 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

ALCOHOLICS ANONYMOUS. 11 a.m. and 8 p.m. every Wednesday, 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

ALANON ADULT CHILDREN meets at 7 p.m. every Wednesday at Providence, 2103 Iowa. Parking in rear. Call 463-2429 for more information.

ALCOHOLICS ANONYMOUS. 8 p.m. every Wednesday, St. Elizabeth School's Noah's Ark Day Care, Pontoon Road, Granite City. The meeting is held except for the last Wednesday of the month.

PARENTS ANONYMOUS GROUP. meets 5:30 to 6:30 p.m., first and third Thursday of each month. For information on where meeting will be held, call Elaine Searcy at 462-2714 or Lyle Cudberry at 876-2352.

ALZHEIMER'S SUPPORT GROUP meets from 6:30 to 8 p.m., third Thursday of each month, in the President's Room, inside Bonaventure's Cafeteria, on the ground floor of St. Elizabeth Medical Center, 2100 Madison Ave. The

group focuses on addressing the questions and concerns of caregivers and family members of people with Alzheimers. All meetings are open to community members. Call 798-3018 for more information.

ALCOHOLICS ANONYMOUS. 8 p.m., every Thursday, 2116 Club, 2116 Edison Ave., Granite City, 1 (800) 307-6600.

ALCOHOLICS ANONYMOUS. 8 p.m., every Thursday, Presbyterian Church, Mitchell, 1 (800) 307-6600.

ALANON. 7 p.m. every Thursday, Wellness Center, 2103 Iowa, 463-2429.

NARCOTICS ANONYMOUS. Seeking recovery, 8 p.m. every Thursday, 2018 Delmar Ave., 24-hour hot-line 388-9409.

SOUTHERN ILLINOIS DIVORCED AND SEPARATED CATHOLICS. second Friday of each month (September through May), 7:30 p.m., St. Boniface School, 128 N. Buchanan, Edwardsville.

HEREDITARY ATAXIA (a disorder of nerve cells in the spinal cord and cerebellum) **SUPPORT GROUP** meets the second and fourth Friday of each month. Call Curt Williams, 877-5172, for information.

ALANON meets at 8 p.m. every Friday in the Milonski Room in the basement at St. Elizabeth Medical Center. Call 463-2429 for more information.

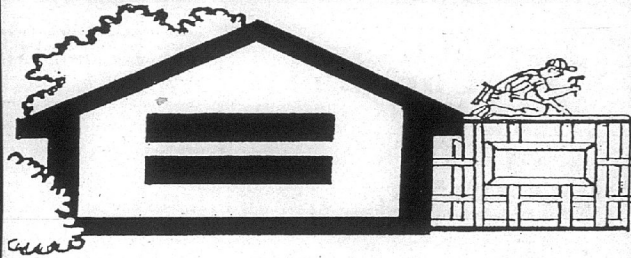
ALCOHOLICS ANONYMOUS. noon and 8 p.m., every Friday, 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

STEMSS (Support Together for Emotional and Mental Serenity and Sobriety). A support group for people with a mental illness and an alcohol or substance abuse problem, meets every Friday from 1:30 to 2:30 p.m. at St. Elizabeth Medical Center, 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

DEPRESSIVE MANIC DEPRESSIVE ASSOCIATION OF MADISON COUNTY will meet from 1 to 3 p.m., every Friday, at St. Elizabeth Medical Center, Granite City, in the Milonski Room located in the basement. For

(See CALENDAR, Page 7A)

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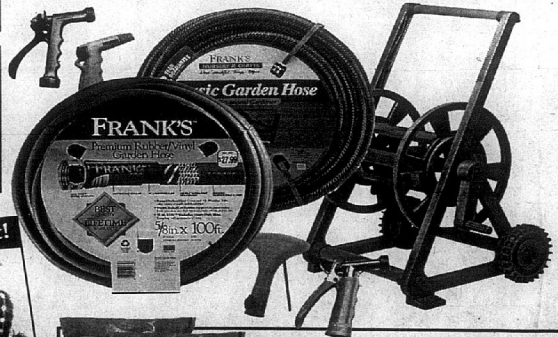


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The ideal finishing touch! Use in shrub beds, around trees, pools, decks and more. Reg. *3.33 bag While store stock lasts

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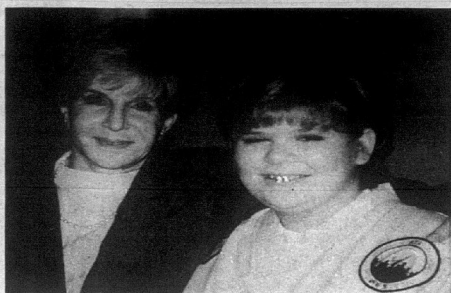
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Extraordinary talent

Michelle Parsons of Granite City recently showed off her extraordinary Taekwondo talents on the Sally Jesse Raphael Show. The 13-year-old was selected from more than 46,000 people who called into the show for the topic, "Kids that get teased but have extraordinary talents." Michelle is a black belt in Taekwondo and has been a member of the American Taekwondo Association for four years. She demonstrated board breaks on the Sally Show that was taped March 26 and was aired July 8. Michelle competes on a national Taekwondo Tournament Circuit and hopes to be ranked one of the top ten in the nation.

Calendar

(Continued from Page 6A)

more information call the DMDA office at (314) 776-3969.

ALCOHOLICS ANONYMOUS, 8 p.m. every Saturday, 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

NARCOTICS ANONYMOUS, Acceptance, 8 p.m. every Saturday, 2018 Delmar Ave., 24-hour hot-line 398-9409.

ALCOHOLICS ANONYMOUS, 1:30 p.m. and 8 p.m. every Sunday, 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

NARCOTICS ANONYMOUS, Live the Steps, 8 p.m. every Sunday, 2018 Delmar Ave., 24-hour hot-line 398-9409.

ALCOHOLICS ANONYMOUS, 8 p.m. every Sunday, St. Elizabeth Medical Center, 2018 Delmar Ave., Granite City, 1 (800) 307-6600.

MADISON COUNTY CHAPTER 188 PARTNERS WITHOUT PARTNERS will have a

new and prospective member orientation and the monthly general meeting on Monday, Aug. 25, in the Fellowship Hall at Nameoki United Methodist Church, 1900 Pontoon Road in Granite City, Orientation, 7-7:30 p.m.; meeting, 7:30-8:30 p.m. For more information, call 528-2335 or 885-5330.

ARTHRITIS SUPPORT GROUP, 7 p.m. fourth Monday of each month, Alton Memorial Hospital cafeteria, Room 8.

ALCOHOLICS ANONYMOUS, noon and 8 p.m. every Monday, 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

ALANON, 9:00 a.m. every Monday, 2116 Club, 2116 Edison, Granite City, 463-2429.

CHEMICAL DEPENDENCY RELAPSE PREVENTION group meets from 6:30 to 8:30 p.m. every Monday at the Edwardsville Health Center, 1123 University Drive in Edwardsville. The group focuses on eliminating relapse-prone thinking, feeling and behavior patterns and helping group members grow in sobriety. For more information, call 796-3888.

NEGLECTED VICTIMS OF CHILD SEXUAL ABUSE, a support group for nonoffending parents of victims, meets from 6 to 7:30 p.m. every Monday at Southern Illinois University at Edwardsville's Rape and Sexual Abuse Care Center. Call 692-2197 for details.

SENIOR MENUS

Senior menus

Donations for noon meals are \$2. Call day ahead for reservation, 877-4373.

Wednesday, Aug. 20
Ham and beans, creamy cole slaw, cornbread, pineapple tidbits.

Thursday, Aug. 21
Spaghetti with meat sauce, tossed salad, Italian vegetables.

wheat bread, applesauce.

Friday, Aug. 22
Fried fish fillet, potato triangles, zucchini and tomatoes, rye bread, fresh fruit.

Monday, Aug. 25
Fried chicken, whipped potatoes with gravy, Brussels sprouts, wheat bread, chocolate ice cream.

Tuesday, Aug. 26
Beef stew, stew vegetables, sliced beets, biscuits, pear slices.

BIRTHS

Meghan Ryterski
ERIC AND ELIZABETH RYTERSKI of Louisville, Colo., formerly of Granite City, have announced the birth of their first child, a daughter.

Meghan Elizabeth was born June 27, 1997, at Avista Hospital, Louisville, Colo. She weighed 8 pounds and was 21 inches long.

Maternal grandparents are Barbara Barr and the late Fred J. Barr of Granite City.

Paternal grandparents are Jerry and Gloria Ryterski of Granite City.

Ray, Brooke Shelby

DEBBIE AND FRED RAY of

Zanoni, Mo., have announced the birth of their second child, a daughter.

Brooke Shelby was born July 9, 1997, at Ozarks Medical Center, West Plains, Mo., at 8:49 p.m. She weighed 6 pounds, 15 ounces, and joins a brother, Christopher, 3.

Maternal grandparents are Sharon and Leslie Thompson of Granite City.

Paternal grandparents are Charles and Erin Ry of Edwardsville and Beverly Russell of St. Louis.

day at Niedringhaus United Methodist Church, 2018 Delmar. For more information call 463-2429.

THE CIRCLE OF HOPE, a 12-step healing program for anyone whose life is affected by HIV infection meets at 7 p.m. every Tuesday at the King's House on North 66th Street in Belleville, or more information, call 234-0291.

NARCOTICS ANONYMOUS, Path to Recovery, 8 p.m. every Tuesday, 2018 Delmar Ave., 24-hour hot-line 398-9409.

Veterans Services

DISABLED AMERICAN VETERANS CHAPTER 53 will offer a service officer from 10 a.m. to 3 p.m. every Wednesday at the Tri-City Veterans Home, located at 1417 19th St. in Granite City. Call 878-7016 for more information.

Other

MADISON COMMUNITY ACTION GROUP, meets at 7 p.m. every Wednesday. For more information call Dan at 463-2236 or Diane at 878-1360.

EAGLES AUXILIARY 1128 BINGO, 1 p.m. every Sunday at the Nameoki Bingo Center. Also included will be a color raffle, 50/50 drawing, free games and other raffish.

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Missouri, with No Particle
Board or Taiwan Imports.

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Only Oak Store With No Taiwan Imports, Particle Board or Formaldehyde. When you own furniture sold by Barewood Furniture Gallery, you own a piece of American history. That's because our furniture is made with a certain kind of pride. The same pride that once made American crafted furniture the envy of the world. And before the turn of the century, American made products were indeed second to none. Today, there are those who say the days of quality and pride are gone. That American craftsmen have turned lazy and uncaring. But we're proving those people wrong at Barewood Furniture Gallery. And we're continuing to set the world class furniture with pride of craftsmanship. Because people like you still have pride of ownership. **ALL AMERICAN MADE NEPHEW QUALITY CRAFTED SOLID OAK FURNITURE**

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OBITUARIES

Louise N. Cobetto

LOUISE N. (WIGGINTON) COBETTO, 62, of Fairmont City died at 12:10 a.m. Thursday, Aug. 14, 1997, at University Manor in Edwardsville. She was born Feb. 4, 1935, in Jasper, Ala.

Survivors include her husband, John Cobetto, whom she married in 1959 in East St. Louis; two stepchildren, John Cobetto of Kane and Teresa Schmitt of Belleville; one brother, Ed Wigginton of Cullman, Ala.; one sister, Juanita Williams of Granite City; and one half sister, Mary Ann Jones of Blytheville, Ark.

She was preceded in death by her parents, Calaway and Etta (Abbott) Wigginton.

Services were Saturday, Aug. 16, at Herbert A. Kasaly Funeral Home Ltd., 515 Vandavia, Collinsville, with the Rev. Dale Clemen officiating. Burial was in St. John Cemetery, Collinsville.

Memorials are suggested to the charity of the donor's choice.

Marvin L. Little

MARVIN L. LITTLE, 61, of Cahokia, formerly of Granite City, died Thursday, Aug. 14, 1997, at the University Regional Hospital in Centerville. He was born Jan. 2, 1936, in Boonville, Mo.

Mr. Little retired from Granite City Steel and was a former member of the Wood River Moose Lodge.

Survivors include three daughters, Vickie Pundst and Tracie Cottrell, both of Granite City; and Marcia Vanoy of Camdenton, Mo.; two brothers, Dean Little of Granite City and Robert Little of Paducah, Ky.; one sister, Sharon Tiraley of Neenah, Wis.; and 19 grandchildren.

He was preceded in death by his parents, Melvin and Golda Little and one stepson, Steve Crum.

Services were Monday, Aug. 18, at Braun Colonial Funeral Home, 3701 Falling Springs Road, Cahokia, with the Rev. Andy Dewitt officiating. Burial was in Sunset Hill Memorial Estates, Glen Carbon.

Joseph L. Woods

JOSEPH L. WOODS, 75, of Granite City died at 3:19 a.m. Monday, Aug. 18, 1997, at St. Elizabeth Medical Center. He was born May 13, 1922, in Murphysboro.

Mr. Woods was formerly employed by American Steel in Granite City as a furnace man. He was a U.S. Army World War II veteran and of the Baptist faith.

Survivors include his wife, Jackie (Lupardus) Woods, whom he married in 1941; one son, Juan Woods of Granite City; two daughters, Barbara Schwenker and Lynn Wilkinson both of Granite City; nine grandchildren and seven great-grandchildren.

He was preceded in death by his parents, Jasper and Naomi (Royston) Woods; and one brother, Oco Woods. Services are at 11 a.m. today, Wednesday, Aug. 20, at Irwin Chapel, 3960 Maryville Road, Granite City, with the Rev. Fred Boatright officiating. Burial will be in Lake View Memorial Gardens, Fairview Heights.

Memorials are suggested to Calvary Baptist Church, Granite City.

Viola C. Kessler

VIOLA C. KESSLER, 84, of Evansville died at 11:01 p.m. Friday, Aug. 15, 1997, at Sunset Hill Memorial Estates, St. Louis. She was born March 16, 1913, in Houston, Ill.

Mrs. Kessler was a member of St. Boniface Catholic Church, St. Boniface Altar Society, Evansville Senior Citizens, and very active as a St. Boniface Quilting Lady.

Survivors include seven sons, Claude Kessler of Granite City, Harvey Kessler of Florissant, Mo., Frank Kessler of Springfield, Mo., and James Kessler of Evansville; one daughter, Rosemary Robert of

Edwardsville; one brother, Earl Lauffer of Baldwin; five sisters, Flora Lentz of Blomark, Mo., Ruby Schiller of Granite City, Melba Leuschke and Hazel Wilson both of Salem and Edith Mathis of Arizona; 22 grandchildren and 11 great-grandchildren.

She was preceded in death by her husband, Frank P. Kessler, whom she married Nov. 28, 1938, in Walnut, and who died May 4, 1967; her parents, George N. and Emma (Henrich) Lauffer; three brothers and one granddaughter.

Services were Tuesday, Aug. 19, at St. Boniface Catholic Church in Evansville with the Rev. Joseph Raschke officiating. Burial was in St. Plus Catholic Cemetery, Walnut.

Memorials are suggested to Masses or St. Boniface Altar Society. Arrangements were handled by Weigel-Pechacek Funeral Home, 801 Jackson, Evansville.

Leonard Wright

LEONARD WRIGHT, 40, of Granite City died at 4 a.m. Saturday, Aug. 16, 1997, in St. Louis. He was born May 25, 1957, in Granite City and had been a lifelong resident.

Survivors include his parents, Nyle W. and Shirley (Jones) Wright of Granite City; one daughter, Nicole Wright-Bomer of Florissant, Mo.; one sister, Michelle A. Willis of Granite City; and one aunt, Rose Hawley of Granite City.

Services were Monday, Aug. 18, at Irwin Chapel, 3960 Maryville Road, Granite City, with the Rev. Roy Boyer officiating. Burial was in Sunset Hill Memorial Estates, Glen Carbon.

Memorials are suggested to Nicole Wright-Bomer's College Fund.

Margaret M. Rehagen

MARGARET M. (SHERIDAN) REHAGEN, 74, of Belleville, formerly of Granite City, died Saturday, Aug. 16, 1997, at Our Lady of the Snows in Belleville, where she had been a resident for four years. She was born Dec. 26, 1922, in Granite City.

Mrs. Rehagen retired in 1963 from Madison Junior High School after 20

plus years as a teacher. She was a member of St. Elizabeth Catholic Church and Minerva Women's Club.

Survivors include two daughters, Margie Rehagen-Martin of Carterville and Andrea Rehagen-Huff of San Francisco; two sisters, Dolores Sheridan and Mary Ellen Bocher both of Granite City; two brothers, Monsignor Paul Sheridan of Highland and Philip Sheridan Jr. of Granite City; and three grandchildren.

She was preceded in death by her husband, Clem Rehagen, whom she married Nov. 6, 1946, and who died April 8, 1975; and her parents, Philip and Edna (Willis) Sheridan.

Services were Tuesday, Aug. 19, at Our Lady of the Snows in Belleville with Monsignor Paul Sheridan and Fr. Andrew Chalkey officiating. Burial was in Calvary Cemetery, Edwardsville.

Memorials are suggested to Family Hospice of Belleville Area or Our Lady of the Snows.

Arrangements were handled by Irwin Chapel, 3960 Maryville Road, Granite City.

Virginia J. Nichols

VIRGINIA J. NICHOLS, 76, of Granite City died Saturday, Aug. 16, 1997, at St. Elizabeth Medical Center in Granite City. Born Sept. 13, 1920, in Advance, Mo., she had been a Granite City resident for 71 years.

Mrs. Nichols was a homemaker and member of Calvary Baptist Church. Survivors include her husband, Eugene Nichols, whom she married in 1938; one son, Gary Nichols of Glen Carbon; one daughter, Barbara Burgess of Granite City; three brothers, Raymond Weissenborn of Washington D.C., Herman Weissenborn of Granite City and Ben Weissenborn of Hot Springs Valley, Ark.; one sister, Shirley Tillman of Granite City; five grandchildren and three great-grandchildren.

She was preceded in death by her parents, Herman and Edna (Hitt) Weissenborn.

Services were Tuesday, Aug. 19, at Werner Chapel for Funerals, 3939 Lake Drive, Ponton Beach, with the Rev. Fred Boatright officiating. Burial was in Sunset Hill Memorial Estates, Glen Carbon.

Memorials are suggested to the Parkinson Foundation.

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Room fit for a King

By Cheryl A. Moody
Staff writer

The book, "Elvis — His Life From A to Z," might best describe the Elvis room in Frawley's house.

Frawley, 37, displays all the Elvis Presley collectibles she has gathered since she was 17 years old in her home in Fairview Heights.

Elvis T-shirts were among the first items Frawley collected. Her collection has grown over an entire room since then. Every where you look you see Elvis. There are dolls, pictures, calendars, bubble gum cards, plates, pillows, books, puzzles, license plates, records, compact discs, key chains and an entire slew of other Elvis paraphernalia.

One of the Elvis dolls, standing about four inches in height, is modeled after Frawley's dad, C.C. Grider, also from Fairview Heights. Grider is an Elvis impersonator.

Frawley's admiration for Elvis might be related to the

fact that she shares a special day with him. Her birthday is Jan. 8, 1960, the same day as Elvis' — but 25 years later.

Elvis can be seen in action on Frawley's big collection of movies or on her Elvis motion telephones. Elvis stands on the base of the phone and holds a guitar. When the phone rings, he dances and sings to "Jail House Rock."

Even her computer is equipped with an Elvis mouse pad and a program which lets you listen to Elvis talk and laugh while you take a tour of his Graceland mansion in Memphis. Frawley can also take a private tour of Graceland anytime she wants by looking at her picture album full of Graceland pictures. She has been there every year for the last 14 years.

"You feel a presence when you walk into his house," Frawley said. "My husband and I cry when we go through Graceland."

Frawley said her favorite Elvis item is a picture her dad

gave her. The picture depicts memories of Elvis after his death. "It's saying the King will always live on in memory," Frawley said. "He will definitely always live on in my memory."

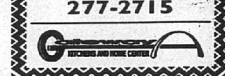
called Stone Temple Pilots. The group asked Grider to sign an eight-month contract opening their show all over the country six nights a week at \$400 a show. Grider turned down the offer.

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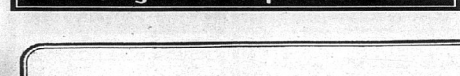
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'Guilty but mentally ill' to be tested by Supreme Court

Appellate court rules against state law

An Illinois law that allows "guilty but mentally ill" verdicts in criminal cases apparently is headed for a test in the Illinois Supreme Court.

A state appellate court has ruled the law unconstitutional, siding with critics who argue that it misleads jurors into believing they are assigning a lower level of blame and a lower level of punishment to a defendant who is mentally ill.

The Illinois Supreme Court ultimately must decide whether the ruling is correct.

There is no practical difference between a guilty verdict and a verdict of guilty but mentally ill, the 2nd District Appellate Court found in June, ruling the 16-year-old law unconstitutional.

People found guilty but mentally ill are sentenced to the Illinois Department of Corrections and are not necessarily segregated from general prison populations. They are not offered any treatment or programs not available to other prisoners, Department of Corrections spokesman Nic Howell said.

"The only thing different is that we staff them on a regular basis," Howell said. He said people found guilty but mentally ill are evaluated on arrival for active mental illness and monthly the first six months they are in DOC custody, then at three-month intervals.

"If they need mental health treatment, they go to the men-

tal health facility at Dixon," Howell said.

Illinois prisons are holding 159 people found guilty but mentally ill, including eight from this area.

Illinois was one of several states that adopted similar laws after negative public reaction to the acquittal by reason of insanity of John N. Hinckley Jr., who tried to assassinate President Ronald Reagan in 1981.

"They were trying to abolish the insanity defense," said Madison County Public Defender John Rekowski, who applauds the appellate court decision.

"It's one of the few times an appellate court has put substance over form," he said. "They realized what the legislature tried to do was prevent insanity verdicts. They said we're hoodwinking juries, and the government shouldn't be hoodwinking juries."

Rekowski said the law is at odds with a long-honored legal philosophy that makes criminal intent an essential element of a crime.

"There is a difference between those who do it on purpose and those who don't know any better," he said. "The law is evaluated on arrival for active mental illness and monthly the first six months they are in DOC custody, then at three-month intervals."

Rekowski said there was a public perception that many offenders escaped punishment by claiming insanity when, in fact, insanity defenses are

rarely used and rarely successful.

Madison County State's Attorney William Haine said he thinks the law serves a useful purpose.

"You can be guilty if you are able to know right from wrong and are able to control your behavior to some extent," Haine said. "The law allows the people to demand accountability for those who have committed a crime."

Haine said the distinction between mental illness and insanity is an important one, echoing one judge's dissent from the 2nd District decision.

"There are several million people in this country who suffer a mental illness, but they are law-abiding citizens," he said.

Haine said the court's key concern seemed to be that those convicted under the law aren't getting mandatory treatment.

"In my view, that's not (the court's) jurisdiction," he said. "It's up to the governor and the General Assembly to address those concerns."

Howell said the Department of Corrections complies with the law's requirements.

"We've been operating pretty much the same since the law took effect," he said. "We've been sued and we've defended ourselves successfully."

— From The Telegraph



River studies

Michael McMullin and Kathleen Keiser, both of Venice High School, and Sandra Williams of Madison High School, learn procedures for monitoring the quality of river water during a workshop at Southern Illinois University at Edwardsville. The participants, who came from schools and organizations in several states, will return to involve students in monitoring local streams and rivers. The week-long training program was developed by Robert Williams, SIUE professor of curriculum and instruction, through a National Science Foundation grant. The program incorporates geographical studies, mathematics and language arts with the latest technological advances in river water monitoring and scientific inquiry.

Granite City man shot, killed on Madison street

By Michelle Duell
Staff writer

The Major Case Squad is investigating the shooting death of a 40-year-old man from Granite City who was shot Friday at an intersection in Madison, police said.

The victim, Leonard Wright, was shot in the face at the intersection of Second and Ewing Streets while sitting in his 1970 blue Chevrolet pickup, said Lt. Otto Jakob, deputy commander investigating the murder for the Major Case Squad.

Jakob said Wright died about 4 a.m. Saturday at St. Louis

MADISON

University Medical Center, after being transported by ambulance from St. Elizabeth Medical Center in Granite City.

"The man was approached by a person and shot in the facial area," Jakob said. "We have no suspects at this time."

Jakob said no witnesses to the shooting had come forward.

Police do not have a description of the assailant, he said.

"Wright was unable to talk before he died," Jakob said.

Jakob said he was unable to

"The man was approached by a person and shot in the facial area. We have no suspects at this time."

Lt. Otto Jakob,
Major Case Squad

comment on whether the shooting involved drugs, or offer speculation as to why the shooting occurred.

Nine members of the Major Case Squad are investigating the murder, including officers from the Madison City Police Department, he said.

Low-cost counseling continues

InnerAction Ltd. has announced that counseling will be available for the months of August, September, October and November to families with personal problems, which include domestic violence and divorce issues.

Counseling will be performed by Jana Holmstrom, M.A., a licensed clinical professional

counselor and practicum student, with seven years of counseling experience dealing with children, adults, couples, families, and groups. Jana also counseled children and families in the hospital setting.

The cost for these services is a \$1 donation to the Glen-Ed Food Pantry. To increase the availability to working individ-

uals InnerAction Ltd. is offering counseling services on Sunday, Monday, Tuesday and Wednesday for the next few months in this program. Groups are now being formed for children who are experiencing chaotic home life (i.e. domestic violence or divorce). Also, groups are now being formed for children of divorce.

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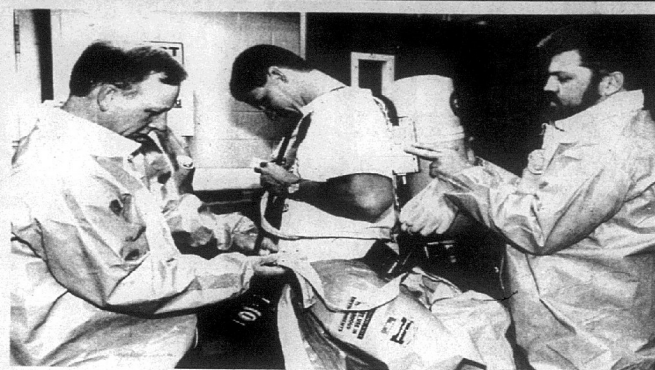
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NEWS



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Hazardous duty

Members of Plumbers Local 360 recently participated in a 40-hour Hazardous Waste Operations training course offered by Belleville Area College at its Granite City Campus Industrial Training Center. From left, plumbers Paul Koehne of Collinsville, Tom Kowalski of Granite City and Dino Thompson of Collinsville get fitted with oxygen tanks and protective suits for handling hazardous materials. The plumbers took the course to be prepared if they even encounter hazardous waste in the line of duty.

•Cheer

(Continued from Page 1A)
at Southeast Missouri State University July 30 to Aug. 2.

"My buddy at SEMO nominated me," she said. Her "buddy" was a SEMO staff member. The cheerleader camp is strongly recommended for youths when they first make the cheerleading team, said Debora Riggs, Sarah's mother. "I'm amazed, so proud I can hardly stand it," Riggs said.

"When she first started (cheering) in junior high, she tried out and didn't make it."

Sarah took a Granite City Park District gymnastics class, which just happened to be taught by Susan Gutierrez. When Sarah mentioned to Gutierrez her cheerleading interests, the instructor told Sarah if she needed any help, to let her know. Soon thereafter, the All-American began tutoring Sarah in April.

"She came over two to three days a week," Riggs said, and she wouldn't accept any kind of payment. "She knew Sarah wanted it so bad."

Sarah practiced hard. Gutierrez was amazed at how well Sarah learned her lessons. Gutierrez, 23, was named to the All-American team in 1991. However, she was a varsity cheerleader, while Sarah is a freshman.

It was her first year ever cheering, and she had to go up against juniors and seniors, Gutierrez said.

Cheerleaders from more than 60 schools participated in the SEMO camp. All-American Team members were selected on the basis of their cheerleading technique, leadership and all-around cheerleading ability. Sarah's next step will be to make a tape of her cheering and send it in to the NCA before Nov. 15. Depending on what the NCA decides, she could appear in the Jeep Eagle Aloha Bowl in Honolulu, or at the Outback Bowl in Tampa, Fla., sometime in December.

"It's hard work," Sarah said quite modestly, but to her mother, all her routines seems effortless.

Sarah has natural talent and no fear, Riggs said.

"She says, 'Mom, watch!'

And I watch through my fingers," Riggs said.

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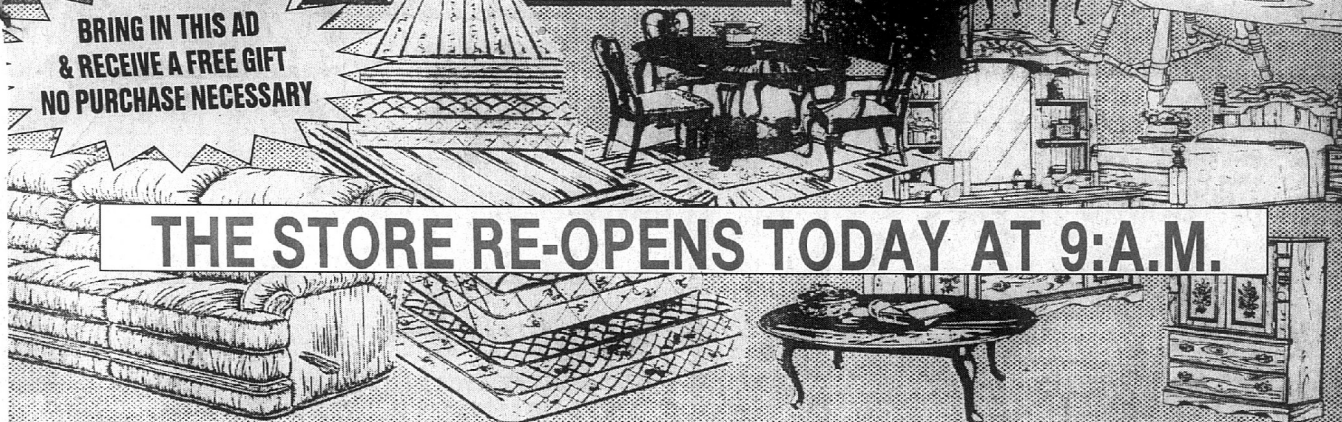
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Referees meeting
All referees who wish to work Granite City Soccer Club games this fall must attend a meeting 7 p.m. Tuesday, Aug. 19 at the Knights of Columbus

Hall on Old Alton Road in the Pinta Room.
The meeting is for all first-time referees and experienced referees. For more information, call Bob at 931-7668.

Madison softball
Openings remain for Madison men's softball teams to play on Tuesday, Wednesday and Thursday nights. The entry fee is \$240 for 10 games and the playoffs.
Coed teams will play on Friday nights. The fee is \$225 for 10 games. There will be six teams assigned to each league on a first-come, first-served basis. The deadline is Aug. 22. For more information, call Jim Broadway at 451-1440.

Softball tournament
Esquire's Softball will hold its annual men's and women's softball tournament Aug. 25-26 at Emmerick Park in Wood River.
Brackets will be drawn 7:30 p.m. Aug. 20 at Emmerick Park. The entry fee is \$135 and a new softball. A \$50 deposit is due on the night of the drawing. Send entry to Lester Knuckles Sr. at 10421 Canfield Drive, St. Louis, Mo., 63136. For more information, call Knuckles at (314) 866-0017, Tim Shaw at (314) 535-0826 or Ivory

Rooks at (314) 385-5030.

Fastpitch softball
The St. Louis Sluggers girls fastpitch softball teams are looking for players. The 14-and-under team needs one or two position players for the 1998 100-game season (catcher, third base, infield-outfield). The team is open to players born after Aug. 31, 1983. For more information call Mike Grasso at (314) 532-3218.
The 13-and-under team needs two position players for 1998. Girls born after Aug. 31, 1983 may call Ken Lommel at (314) 450-5406. The 11-and-under team will hold tryouts on Aug. 24 and 30 for girls born after Aug. 31, 1985. For more information, call (314) 894-7069 or (314) 532-3218.

Fall baseball
Baseball players born between June 1, 1979 and Dec. 31, 1992 are needed for a fall league in Florissant, Mo. Games will be played on Tuesdays and Fridays through October.

The fee is \$35. Players should have their own transportation to the P.A.A. fields. For more information, call Joe at 876-5735.

LCCC tennis
Lewis & Clark Community College is offering athletic scholarships for its women's tennis team. Scholarships are available to full-time students carrying a minimum of 12 hours.
For more information, call the athletic office at 466-3411, extension 6002 or coach Ursprung at 466-3411, extension 4734.

LCCC basketball
The Lewis & Clark Community College fall youth basketball league will begin play Sept. 8-9. The league will feature a division for boys in 7th and 8th grade and a division for boys in 5th and 6th grade. The cost to enter is \$300 and will help fund athletic scholarships. To register a team, call LCCC basketball coach Doug Stotler at 466-3411, ext. 6200.

Maniacs tryouts
The Missouri Maniacs 14-and-under softball team is holding tryouts this summer. The three-time national qualifiers will be competing for berths in the AFA, NSA and USSSA national tournaments for 1998.
Each team will play approximately 70 games with a doubleheader league and several out-of-town tournaments. Tryouts will be held in early August and September. For more information, call (314) 946-5496.

Bass tournament
Ainad Temple of East St. Louis will hold its third annual bass tournament Sept. 28 on Rend Lake at Wayne Fitzgerald State Park in Whittington, Ill. The tournament will run from dawn to dusk and is an open two-man team competition. The entry fee is \$100 per team. The prize is \$120 after Sept. 14. The tournament is limited to 200 boats.

There will be 10 winners, with first place receiving \$4,000. Payback is based on 200 teams. There will also be prizes drawn at the weigh-in and pre-tournament meeting. No entries will be received after Sept. 21. Proceeds go to the Benefit of the Restoration of Ainad Temple. To enter, or for more information, write tournament director Ken Halbrook at 737 Milhous School Road, O'Fallon, Ill., 62269, or call 632-6698.

Youth golf
Grand Marais Golf Course, at Frank Hatten State Park in East St. Louis, is hosting a free youth golf program for 60 boys and girls from the Metro East this summer.

The five-week program, held in conjunction with the Whitey Herzog Youth Foundation and the Illinois Conservation Foundation, offers golf instruction, golf course management and education counseling. All equipment will be loaned to students during the program. Students who successfully complete the program will have access to the driving range and course.

Participants will attend clinics twice each week from 11 a.m.-2 p.m. and will be able to explore several different areas of the golf industry, learn the responsibilities of employment and receive educational job training for the future.

The program is being funded with private donations and proceeds from a golf tournament held at Grand Marais on June 26. Donations are still being taken. For more information, call Barbara Taylor at 388-9999.

Tennis lessons
Tennis lessons are being offered for area residents from 8:30-10 a.m. Monday through Friday for ages 8 to 99. Lessons are sponsored by the Venice Park District and the Madison Recreation Department. Mr. George Smith is the instructor.

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1994 GMC SONOMA EXT. CAB SLE ALLOYS, BLACK	\$12,950
1994 CHEVY ASTRO CONV. VAN LOW MILES	\$13,950
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NEWS

Report crimes on environment

State wants to catch polluters

To increase the odds that polluters are caught and punished, Attorney General Jim Ryan is asking Illinois residents to report environmental crimes to his environmental crimes hotline: 888-ATTY-GEN (888-288-5436).

"The great majority of environmental crimes go unreported because they are never reported. Incorporating the public into our effort to identify and track down polluters will result in a cleaner, safer state. We can send the message that crimes against the environment are truly crimes against everyone and simply will not be tolerated in Illinois," Ryan said.

He urged the public to be observant and make note of activity that might harm the environment. "Remember the hotline number and be aware. Call us if you see abandoned drums, burning trash heaps or tires, large waste dumps that shouldn't be there, or liquids being dumped into our streams and sewers. Call us if you hear trucks unloading drums at odd hours or smell and taste unusual chemical smells or smoke," Ryan said.

Operators at the Attorney General's Chicago Office receive the hotline calls and ask a series of questions about the possible environmental crime. The information is then reviewed by prosecutors from Ryan's Environmental Crimes Bureau and an investigation determination is made. Since the hotline's December establishment, five criminal investigators have been initiated from tips reported to 888-ATTY-GEN. Information that could result in civil charges being filed are first referred to the Illinois Environmental Protection Agency for investigation.

Most environmental crimes are profit motivated. Polluters clandestinely dump, burn or release wastes that are costly to dispose of safely and legally, Ryan said.

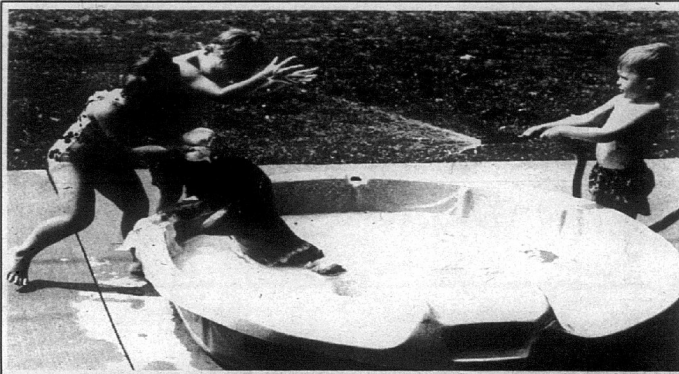
"These 'enviro-criminals' know we can't be everywhere; that's why we need everybody."

Jim Ryan
Illinois attorney general

"These 'enviro-criminals' know we can't be everywhere; that's why we need everybody. Together, we can make Illinois cleaner and safer for our children and ensure that those who would place our environment and health in jeopardy pay for their crimes," he added.

The hotline is one part of Ryan's environmental enforcement strategy based on charging the state's flagrant polluters criminally. Upon taking office, Ryan created the Environmental Crimes Bureau within the Environmental Enforcement Division to prosecute the most serious environmental violations. Violations that are charged criminally include the creation of public health hazards, hazardous waste offenses, repeat violations, and those in which polluters intentionally break the law for profit.

In June 1996, Ryan created the Environmental Crimes Investigator's Network to link the resources and expertise of environmental prosecutors with officers on the street, greatly increasing environmental enforcement's "eyes and ears" and, thus, ability to catch and punish polluters. More than 500 police officers statewide have received training on the proper identification, investigation and evidence preservation of environmental crimes.



Cooling off — At right, Anthony Hopkins, 3, catches his friends off-guard and cools them down on a hot Friday afternoon at Home day Care in Granite City. — From left, Alissa Shrader, 3, Thomas Hosier, 4, Ricky Hartsoe, 2 (in pool) and Anthony Hopkins. Below left, Alissa Shrader uses teamwork to fill up the bucket that Thomas Hosier is holding. Below right, after being in the pool, Ricky Hartsoe of Granite City keeps warm while watching other children play.

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Humane Society reminds owners to keep pets cool

Officials with the Humane Society of the United States recommend that you use good judgment when leaving an animal unattended in a vehicle this summer.

"Your dog may love the opportunity to go for a ride in the car with you," said Leslie Sinclair, HSUS director. "But on a hot day, he or she could suffer heat stroke or even die within minutes of being left in a hot car."

Parked cars can reach 100 degrees or more in a matter of minutes on hot days. Because dogs are unable to cool off by perspiring, their body temperature rises quickly. In order to cool down, dogs pant.

The HSUS also suggests not traveling with an animal in the back of a truck.

"The sun can heat a truck bed enough to burn the pads on a dog's feet," Sinclair said, "and flying debris may cause other injuries. A dog that is allowed to ride in the back of a pickup truck tied or untied may be strangled or thrown from the vehicle into traffic."

Not only is it dangerous for dogs and other animals to travel in the beds of pickup trucks, but it also is illegal, Sinclair said.

Sinclair also recommends that pet owners make arrangements for their animals before going on vacation. She said various options are available for travelers. Having a responsible friend or family member watch a pet or taking them to a kennel are a couple of the choices.

Sinclair made some suggestions to make traveling easier when taking a pet on vacation. First, she said to make sure your pet likes to travel. Also, get your pet a physical exami-

"A dog that is allowed to ride in the back of a pickup truck tied or untied may be strangled or thrown from the vehicle into traffic."

Leslie Sinclair, Name
HSUS director

nation to make sure it is up for the trip and make sure the establishment where you stay allows pets.

Avoid airplane travel if at all possible, Sinclair said. High humidity and temperatures can suffocate an animal that is stored in a plane's cargo for a long time. Make sure to take a direct flight if you must fly so you are certain you are on the same plane as your pet. Travel during cool periods of the day, she said.

Never take short-nosed animals, such as Boston terriers, or Pekingese or Persian cats on a plane. When the temperature rises, it allows hot air to go directly to a short-nosed animal's lungs. Because their noses are short, they do not have long nasal passages, which give hot air a chance to cool down before it reaches the lungs.

During the season, Sinclair suggests recognizing an animal's summer needs. Keep a fresh supply of water readily available for pets and be aware that pets eat less during hot weather.

— From The Telegraph

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FAMILY



BAC photo

Aspiring apron artists

Irma Manning, left, and Sylvia Opich, both of Granite City, stencil a design on their aprons during the annual Summer Symposium, held recently at Belleville Area College's Belleville campus. The daylong event, which included workshops, a luncheon and a fashion show, was co-sponsored by BAC's Programs and Services for Older Persons and the Office of Non-Traditional Programs.

ORGANIZATIONS

Eta Alumnae Chapter, Phi Tau Omega

The regular monthly meeting of the Eta Alumnae Chapter, Phi Tau Omega Sorority, was held Aug. 6 at Charlie's Restaurant, hosted by Marguerite Lexow and Mary Lou Tonsick. Nine members and a guest, Suzanne Donaldson, attended.

Following lunch, card games occupied the afternoon with prizes awarded to those excelling. Everyone attending received a prize, many of which were purchased by the Lexows on their recent cruise to Mexico.

Those who attended not mentioned above were Betty Lou Harris, Helen Hoelscher, Dorothy Johannmeier, LaVerna Johnson, Dorothy Knobbe, Ann McDowell, Elsie Rodell, Van Stuart and Mary Evelyn Yenchow.

The next meeting, to be held Sept. 3, hosted by Miltie Jungels and Helen Hoelscher.

Venice-Madison Unit 307

Venice-Madison Unit 307, American Legion Auxiliary, held its meeting on Aug. 5, at the Madison V.F.W. Dorothy Hinson was hostess and served 15 members. The meeting was conducted by Dorothy Hinson, President.

Installation of Officers for 1997-98 was held with Mike Murphy, Past 22nd District President from East St. Louis Unit 53, was installing officer and Mary Lamoreaux, Past President from Collinsville Unit 365 as installing Chaplain and Sergeant-at-Arms.

The following were installed: Dorothy Hinson, President; LaVerna Johnson, First Vice President; Betty N. Gent, Second Vice President; Norma Miller, Treasurer; Juanita Williams, Historian; and Pauline Mersinger, Chaplain. Absent were Joyce Pittenger, Secretary, and Mary Hellingner, Sergeant-at-Arms, who will be installed at the next meeting.

Field Service Cards and Home Service Cards were given to those doing activities and refreshments for veterans during 1996-1997. They were Nor-

ma Hillmer, Dorothy Hinson, Mary Hellingner, Betty Allen, LaVerna Johnson, Pauline Mersinger, Yvonne Passig, Ellen Wallace, Miltie Weatherford, Dolores Weis and Juanita Williams. Receiving just Field Service cards were John Hillmer, Marge Nunn, Betty Nugent, Louie Passig, Joyce Pittenger, Betty Wallace and Eunice Whittell. Receiving just Home Service cards were Lynn Cuvar, Rose Cooper, Roseann Koelker and Carla Peery.

Bingo games will be held at Colonial Haven on Aug. 14 and Colonnades on Aug. 21.

Members decided to keep the second Tuesday as the regular meeting night when able to have meetings at the new Post 307 building.

Membership party will be held on Oct. 7 with a potluck dinner. There will be no meeting in September.

Two-year calendar books will be ordered to be sold for the general fund.

Bingo was enjoyed to complete an evening of fellowship.

Retired Office Personal

Retired Office Personal, Granite City School District 9, had their August meeting at Josephine's in Godfrey.

Those attending were Beth Mirus, Alice Campbell, Vivian Hillen, Dorothy Larner, Marge Burge, Barbara Schreiber, Evelyn Glazik, Helen Toncoff and Lucille Caban.

Vivian Hillen, September hostess, has made reservations at Lavender Rose, Collinsville.

Garden Clubs of Illinois

The State Summer Meeting of The Garden Clubs of Illinois, Aug. 11 in the Orthen Hall of Missouri Botanical Garden and Headquarters of National Council of State Garden Clubs, was a huge success, with the local District V Clubs serving as host.

The activities for the day were planned by Carol Holbert, chairman; Dorothy Chamberlain, co-chairman and Director Marian Nelson.

Representatives from the fol-

lowing District V Clubs welcomed members from the other districts in the state and honored guest Barbara Barnette, President of NCSGC from South Carolina:

Cahokia Garden Club, Carte Blanche Designers, Edwardsville Garden Club, Fairview Heights Garden Club, Garden Study Garden Club, Green Oaks Garden Club, Holiday Shores Garden Club, Lakeview Garden Club, Mascoutah Garden Club, St. Clair County Garden Club, Shiloh Valley Garden Club, Trenton Tumbleweeds and Wood River Area Garden Club. A total of 178 were in attendance.

During the meeting conducted by State President Gerry Ford, the state chairmen shared current information pertinent to their chairmanships. Tina Chiu from Wood River Area Garden Club had created 2 lovely artistic designs for the head table prior to the meeting.

After the business meeting everyone was seated at the tables for lunch. The tables were beautiful with decorated hats on tall hat stands for centerpieces. The hats were decorated by members of Fairview Heights G.C., St. Clair County G.C. and Designers Club.

Decorated lace pouches filled with potpourri, prepared by Lakelview G.C. were the favors. Mascoutah G.C. furnished lovely name tags for everyone. Before lunch was served a Victorian Style Show was presented.

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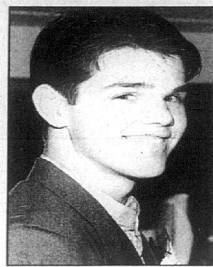
GEORGE OF THE JUNGLE (PG)
DAILY 1:30, 4:15, 6:45, 9:15
WED/THUR 4:15, 6:45, 9:15

AIR BUD (PG)
DAILY 1:45, 4:30, 7:15, 9:40
WED/THUR 4:30, 7:15, 9:40

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TIP OF THE HAT

GREGORY W. VAUGHN of Granite City has earned both an associate's of arts degree and associate's of science degree from Belleville Area College. He will transfer to Murray State University in Kentucky this fall, where he plans to major in business and history education. Vaughn is a 1995 graduate of Granite City High School.



Gregory W. Vaughn

GEORGIA TOMPKINS of Pontoon Beach will soon leave for Nashville, Tenn. in September to receive two awards for her song, "Country Girl." The record of her song soon will be released across the country. The awards will be given by King Eagle Awards.

Air Force Airman 1st Class CHRISTINA H. SCHAEFER graduated from basic military training at Lackland Air Force Base, San Antonio, Texas. During the six weeks of training, the airman studied the Air Force mission, organization and customs; and received special training in human relations.

Marine Pvt. JASON G. ANDERSON, son of Jeannan Anderson of Granite City, recently complet-

ed Motor Transport School. During the course with Marine Corps detachment, U.S. Army Engineer School, Ft. Leonard Wood, Mo., students receive classroom and hands-on instruction in the operation of the M-151 jeep, and the new M-293 automatic 5-ton truck.

JOSEPH A. LANDEROS of Granite City has joined the U.S. Army, according to the local recruiter in Granite City. Pvt. Landeros will take basic training at Ft. Leonard Wood, Mo., and advanced individual training at Fort Eustis, Va., reporting for duty Sept. 10.

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Math Mania — In Belleville Area College's College for Kids Math Mania workshop held at the Granite City Campus, Stephanie Nichols, 8, top, teases her brain with a math puzzle, and Jenna Ely, 10, above, of Granite City uses her hands in a math game. Stephanie is the granddaughter of Beverly Crown of Granite City and Jenna is the daughter of Lisa Ely of Granite City.

BAC holding open house

Belleville Area College's Granite City campus will host an open house for its new Learning Resources Center Open Lab from 10 a.m.-1 p.m. Wednesday, Sept. 3, at the campus, 4950 Maryville Road. For more information call 931-0600.

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The 1997 Liberty Card Project returns to Granite City Schools in September. The Liberty Card extends a family's income while earning thousands of dollars for schools, churches and other non-profit organizations.

Listed on the back of the Liberty Card are 2-for-1 and free offers from the more popular businesses in the area such as Popeyes, Chick-Fil-A, Baskin Robbins, Arby's and Pizza Hut. The Liberty Card looks like a credit card and is designed to replace flimsy coupons and coupon books usually associated with such offers. There's something for everyone on the card. Restaurants, entertainment centers and service businesses all participate. With the Liberty Card, families will save money continuously

for one full year and the school or organization will earn 50 percent of all profits generated by Liberty Card sales.

With more than 100 merchants offering the best possible values, the card practically sells itself. The Liberty Card may be used over and over again at these businesses all year long, unlike coupons, which expire quickly. Also, since the Liberty Card remains in your wallet, it doesn't get forgotten as many coupons do.

Each Liberty Card sells for \$10 and participating school and organizations keep \$5. It is an opportunity for groups to earn thousands of dollars.

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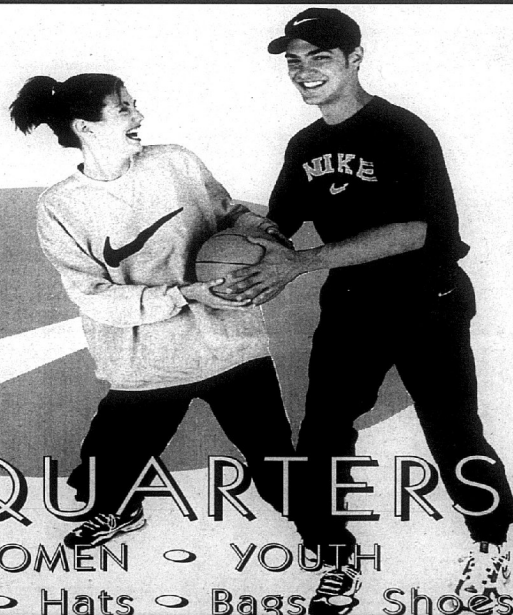
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AREA NEWS

11th Annual SerbFest offers taste of tradition

By Glen Sparks
Staff writer

St. Louisans can get a taste of the old country at the 11th annual SerbFest.

Holy Trinity Serbian Church, 1910 Serbian Drive near Interstate 44 and South Jefferson Avenue, hosts the festival from 11 a.m. to 10 p.m. Aug. 23 and from 11 a.m. to 9 p.m. Aug. 24. Tradition runs deep in the city's Serbian community.

"Things have been passed on from generation to generation

from the old country to here," said David Lekich, SerbFest coordinator for the past five years and a member of Holy Trinity his entire life.

"The food, the religion, the dances. We don't want to lose sight of that. If you lose it, you usually don't get it back."

Among the items on the menu: grilled cevapici (a spicy beef and pork sausage) and raznici (marinated, skewered pork).

"The most popular choice is probably the sampler platter,"

Lekich said.

And then remember to leave room for all sorts of Serbian desserts to add a couple of notches to the belt line.

"Boy, I love all the food, but I think my favorite is the sweets," Lekich said.

The cooks will be firing up the barbecue spit about 4 a.m. on the 23rd to prepare the food. Bakers will be putting finishing touches on the assorted desserts.

There's no skimping here. Just "good" is not good

enough for the SerbFest cooks.

"We don't want people to say, 'This food is good,'" Lekich said. "We want them to say, 'This food is great.'"

Most dinners go for \$5.50 to \$7. Of course, there's plenty to do at the SerbFest besides eat great food.

The popular Canadian dance troupe KOLA will perform in traditional costume.

"They've become a tradition at the SerbFest," Lekich said. "I think they really appreciate the support they get. There are

"Boy, I love all the food, but I think my favorite is the sweets."

David Lekich
SerbFest coordinator

a lot of cheers for them."

Also, Lekich said, "After all that eating, you can work it off by dancing."

About 5,000 to 7,000 persons

from throughout the St. Louis area are expected at SerbFest, Lekich said.

"We have a mailing list of 3,000 and get a lot of repeat customers," Lekich said. "I think it shows we have a good product."

Proceeds from the SerbFest go to various local groups.

Among the organizations that have benefited in the past include: The Backstoppers, the Salvation Army (to assist food victims) and Catholic Charities (to assist in placing refugees).

Admission is free. Parking is available on the church lot, the Sigel School grounds (Allen and McNair avenues) and along neighborhood streets.

For more information, call 776-3262.

Area man
co-hosts
sports
TV show

Former Columbia resident Tim Haberl, the son of Howard (Tiny) and Merle Haberl of Columbia, is the executive producer and co-host of "North American Fish & Game" which can be seen at 9:30 a.m. Sundays, through Dec. 28 on Fox Sports Midwest.

Tim is known as Tim Hart on the show, which is in its fifth year of syndication—reaching 40 million homes. The show features hunting and fishing from around North America, offering the latest techniques from some of the top professionals.

"It's been challenging," said Haberl. "There has been a lot to learn—the excitement of the hunting along with all the great people have made the development of the show fun."

In addition, the hosts of the show, Tim Hooey and Haberl, will be featured in a seminar speakers Aug. 22-24, for the Sportsman's Classic at the America Center in downtown St. Louis. The Sportsman's Classic will be held Aug. 21-24 with seminars conducted by Ted Nugent, Bill Dance and many others.

"North American Fish & Game" is one of the shows produced by Q-1 Video Network, started by Haberl in the early 90s. Q-1 Video Network is a production facility located in Coldwater, Michigan. The company produces corporate promotional and training videos plus the television show. This fall, the company will be producing "Ted Nugent Spirit of the Wild," a half-hour program to air in 1998.

For more information on Tim Haberl, "North American Fish & Game," or The Sportsman's Classic, call the Q-1 Video Network and ask for Tim Hart at 517-279-8752.

MoDOT rejects
KKK's requestBy Glen Sparks
Staff writer

The answer is still "No."

Nine days after a U.S. District Court judge dismissed the Missouri Department of Transportation's case against the Ku Klux Klan, MoDOT Aug. 14 again rejected the Klan's request to join the state's Adopt-A-Highway program.

"The application was denied because the group is known to discriminate and has a history of violent, criminal behavior," MoDOT district engineer Steve Knobbe said.

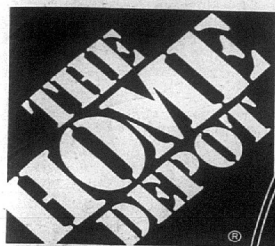
"The state is not permitted to allow such activity on state property," Knobbe said.

The KKK does not adhere to state and federal laws that make it illegal to discriminate on the basis of race, religion, color and national origin, MoDOT said.

The American Civil Liberties Union of Eastern Missouri now is appealing the case in federal district court, said ACLU attorney Bob Herman. He said no court has said the KKK cannot join the Adopt-A-Highway program.

"The only thing that's been decided is that the state must show reasons the KKK cannot be in the program," Herman said. "The courts have said 'State your case. Settle on a reason and we'll decide.'"

The ACLU argues the state is violating the Klan's right to freedom of speech and the group's 14th Amendment guarantee to freedom of protection.



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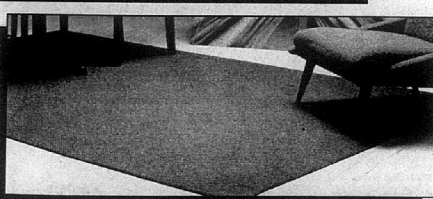
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Crossword Puzzle

Edited by Joyce Nichols Lewis

"HALF-BAKED"

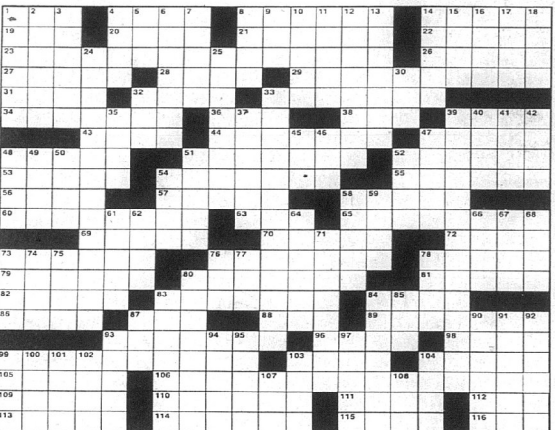
By MAX HOPKINS

ACROSS

- 1 Quiet
- 4 Actor Tamir
- 8 — more than one can chew
- 14 Some short forms
- 19 French friend
- 20 Desert sight
- 21 — march on
- 22 Balloon
- 23 Jazz pianist-composer
- 24 — Linda
- 26 1938 Horse of the Year
- 27 Nothing in Nancy
- 28 Dear to Marjorie
- 30 Kennedy and Rockefeller
- 34 Artist John Singer
- 35 I in Berlin
- 38 Benevolent lodge member
- 39 Finds fault
- 40 "Beverly" Cleaver's mom
- 41 New Orleans
- 42 Ancient prefix
- 43 Semite rival
- 44 Some horses
- 45 Flower parts
- 46 Sun Valley state
- 47 Earthworm
- 48 Immediately
- 49 Private eye
- 50 Kenyan headman
- 51 Spiral shell
- 52 Space user
- 53 Down vehicle
- 54 Bumpkins
- 55 Silly
- 56 Acronymic amplifier
- 57 Buck heroin
- 58 Pie filling
- 59 Took a deep dive
- 60 A Bryant
- 61 Scarlet sage
- 62 Layered dessert
- 63 Sornambulic state
- 64 Soft character

DOWN

- 1 Big leagues
- 2 Earnart
- 3 More artful
- 4 Living and Carter
- 5 Floopy or pip
- 6 Cut off
- 7 Cheekbone
- 8 Filene's floor
- 9 Lance of law
- 10 Laconic
- 11 Like some meals
- 12 Drifters
- 13 Engine part
- 14 Bottomless pit
- 15 Fiction
- 16 Irish king
- 17 Physics Nobel
- 18 See 55 Across
- 19 P.L.
- 20 Stevenson's pirate
- 21 Affairs
- 22 Nettie
- 23 News letters
- 24 Brian
- 25 Freemantle's spy hero
- 26 Kind of dollar
- 27 Cap'n Crunch
- 28 Early Indians
- 29 Hall-of-Famer
- 30 Actor Bates
- 31 Lagoon
- 32 Comme ça
- 33 I.M. of architecture
- 34 On in years
- 35 Fairly creatures
- 36 Fishing apparatuses
- 37 Together, to tenors
- 38 Blue Nile source
- 39 Bag a blue bottle
- 40 Neuter
- 41 Corner at
- 42 August
- 43 National
- 44 Ghostly coverup
- 45 Continent of antiquity
- 46 — a million
- 47 rarely
- 48 Space org.
- 49 Brazilian port
- 50 Nobelist Wiesel
- 51 Take out
- 52 Piece of cake
- 53 Adept
- 54 See 55 Across
- 55 White
- 56 Band, at the barre
- 57 Baseball
- 58 Ripken
- 59 Charlemagne's domain
- 60 Abbr.
- 61 Blanchard
- 62 Psychosis
- 63 Two-wheeler
- 64 Disney script
- 65 Beech-family tree
- 66 Two: Prefix
- 67 Rhetorician
- 68 91 South Carolina river
- 69 Bury
- 70 H.S. mementos
- 71 Wrenches
- 72 Little Rocker
- 73 — band
- 74 Days of yore
- 75 Chase of fms
- 76 Nam ending
- 77 Combat
- 78 Breadwinner's "stiletto"
- 79 Ltrs of debt
- 80 I love, to Livy



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HOROSCOPE

Wednesday, Aug. 20

This afternoon, the moon arrives in Aries, bringing action and creating a positive aspect with both Saturn and Pluto. Now's an excellent time to get your emotional house in order and resolve feelings that no longer serve your needs. A new understanding on old issues will resolve any conflicts left over from the past. Life is easier when you think in simple, logical terms.

TODAY'S BIRTHDAY (Aug. 20) Get with it! It's a prime time to finish old projects and get on with more lucrative ones. The next six weeks bring terrific luck and could even turn your life around! September is filled with romantic flings and adventures. Settle down by November with an Aries or a Libra. Honesty impresses the boss — receive a raise by December. Travel is desirable in September or January.

ARIES (March 21-April 19) You can emerge relatively unscathed from a difficult meeting at work with a co-worker's help. Your heart leans in two different directions — ask for a close friend's direction onto the right path. Delegate domestic chores evenly.

TAURUS (April 20-May 20) Your professionalism earn you a coveted position on a community or group panel. Ask specific questions of a potential business partner. Make a plan of action for an upcoming social event. Involve a Gemini or Sagittarius.

GEMINI (May 21-June 21) During a trying meeting at work, your humor impresses the boss. Don't put off decisions regarding your personal life. Team up with a Pisces, and plan a smashing social gathering. Resist the urge to stray from your diet.

CANCER (June 22-July 22) A co-worker insists on helping you finish a project early. Accept the invitation of a new club or group. Save money for a future vacation or shopping spree. Revel in the attention a current love is giving you.

LEO (July 23-Aug. 22) Your career search continues, and opportunities will start arising soon. Change old patterns with the help of a motivating Libra. Make it possible for a child's



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dream to become a reality. Propose an unusual idea to a relative or neighbor.

VIRGO (Aug. 23-Sept. 22) A relative finally commits to a family project you've been longing to complete. Your savvy and independence impress a potential new love interest. Pounce on an opportunity to learn new skills at work.

LIBRA (Sept. 23-Oct. 23) Welcome your new celebrity status by attending social gatherings at work. Resolve past conflicts and your energy will increase. A romantic partner is open to new ideas on how to improve the relationship.

SCORPIO (Oct. 24-Nov. 21) Your dynamic energy is exactly what a lengthy business

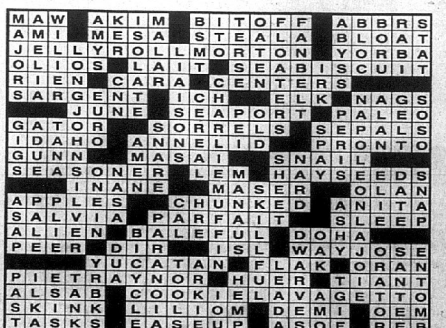
meeting needs to get everything accomplished. A past love phones or writes with an honest desire to pick up where you left off. Ask a Pisces for advice on this one.

SAGITTARIUS (Nov. 22-Dec. 21) Perfect your verbal skills with the help of a professional. Try new ways of doing the usual chores and you'll discover a hidden talent. Your love is willing to be patient a little longer. Surprise a child or sibling with a pet.

CAPRICORN (Dec. 22-Jan. 19) Lift your spirits by getting involved in cultural or community activities. Receive an expression of love from a Scorpio. A temporary snag on a work project is the spark for a whole new idea. Separate yourself from an ex-love.

AQUARIUS (Jan. 20-Feb. 18) Your financial skills determine an upcoming raise or promotion. Special attire is required to attend a social gathering. Heed the advice of a Gemini or Aries. A pet or child makes you laugh and learn.

PISCES (Feb. 19-March 20) Your emotional sensitivity gains the trust of a new love. Having fun is important — not winning. Needed cash comes from an unexpected source. Experiment with new methods of cooking or decorating.



NEWS



Elite group

The Eagles Elite Twirlers are accepting new members to the group, made up of children between the ages of 5 to 12. The unit teaches baton twirling and marching, and travels extensively. In this picture, the group is shown in Branson, Mo., with entertainer Anita Bryant. Pictured, from left, back row: Jennifer Miller, Bryant, Hayley Martin, Shannon Miller, Melodi Winters, director Barbara Brandt and Brittney Wilson. Front row, kneeling: Melissa Klaus and Kristin Simmons.

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Bureau names director

The Southwestern Illinois Tourism and Convention Bureau announces Susan Schroeder as its first director of sales effective July 28. "She is responsible for setting up the sales department and interacting with the various communities, hotels, retail shops and other attractions throughout Southwestern Illinois," said Mark Westhoff, bureau president. "Schroeder's primary responsibilities will be the developing of the group and single overnight stays in our service area. She will enhance our capabilities to promote tourism in Southwestern Illinois."

Communities, attractions, hotels etc. are encouraged to call Schroeder with any ideas and suggestions for creating packages to attract groups into the area. Schroeder, a lifelong area resident, received her bachelor's degree in public relations at Illinois State University in Bloomington-Normal. While attending ISU, she held an internship position at the Bloomington-Normal convention and Visitors Bureau. She is currently pursuing her masters degree in speech communication at Southern Illinois University in Edwardsville. She and her husband reside in Maryville.

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AUTOMOTIVE

Grand Am



Pontiac's Grand Am is sporty sedan with good value

By Tom Strongman

My office partner came back from lunch a couple of weeks ago beaming with joy. Months of study and research about replacing her aging 1988 compact car, culminated in the purchase of a Pontiac Grand Am SE sedan. Fire-engine red.

Spurred on by attractive financing, she joined the countless other buyers who have chosen Grand Am for their fashionable styling, decent interior space and most of all, value.

Her experience reminded me of a crucial ingredient in the car-buying recipe: Most people buy cars because they get good value for their money and like the way they look. For her, the Grand Am fits that description perfectly because, as she said, "It didn't matter to me about tire size, or engine size, either."

What was important was that she was able to replace her aging buggy, with 147,000 miles, with something new and affordable when equipped with options such as a CD player and sun roof.

Coincidentally, our test car was nearly identical to the model my co-worker bought. While the Grand Am may not be the most technologically up-to-date model in Pontiac's stable, it appeals to folks who want reliable, value-wise transportation with a young and sporty look. Standard equipment includes dual air bags, anti-lock brakes, PASSLock anti-theft system and air conditioning.

Even loaded with popular items such as automatic transmission, power windows, cruise control, AM/FM cassette, tilt wheel, rear spoiler

and keyless entry, our test car's price tag just barely topped \$18,000. Not cheap, but comfortably below \$20,000, the average price of a new car.

There are two engine choices in the Grand Am, a 2.4-liter, twin-cam four-cylinder and a 3.1-liter V-6. The engine in the car I drove was the four-cylinder. The addition of balance shafts to absorb vibration has tamed this engine considerably in recent years, and coupled with a smooth-shifting automatic transmission, it now feels much more refined. Mash the throttle and you still will detect some vibration near maximum rpm, but in normal driving it is calm.

Its 150-horsepower is adequate for rapid freeway merges or pulling out to pass on a long hill. Even with the automatic transmission it is rated at 22 mpg city and 32 on the highway.

One nifty feature that is standard with the four-speed automatic transmission is Pontiac's Enhanced Traction System (ETS). Essentially a simplified traction control system, ETS detects wheel spin using the same wheel sensors as the anti-lock brakes. The main computer module then retards the engine's spark timing to reduce power and restore traction.

Inside, the young, energetic feel is continued by the dash that is dominated by the instrument pod and large, round air vents. The gauges are simple, white-on-black designs that have red lighting at night.

Headlight and wiper stalks are fat, multiple-function switches, while heating/cooling controls are large, round rubber knobs that can be tweaked intuitively, even with gloves on. The stereo, on the other hand, with small knobs and

large push buttons, is not quite as easy.

A console with cup holders and a useful storage box separates the front seats.

Probably my biggest beef with the Grand Am is the bottom cushions of the front bucket seats. They don't support my legs well because they are too short. The seat backs, however, do have adequate contouring for lateral support. After a few days of acclimation, the seats were less bothersome than they were earlier in the week.

The legroom in the back seat is decent but not overly generous. A split-folding back seat is optional. It's too bad an integrated child seat isn't available.

Competition in the mid-size sedan class is fierce, and the Grand Am stacks up against challengers such as the Dodge Stratus, Honda Accord and Nissan Altima. Both the Accord and Altima are new in 1998, and that gives the Grand Am an even bigger challenge.

The base price of our SE was \$14,734. Optional equipment included automatic transmission, aluminum wheels, rear spoiler, tilt steering, power windows, cruise control, rear defogger, AM/FM cassette and keyless remote. The sticker price was \$18,015.

The standard warranty is for three years or 36,000 miles.

Point: The Grand Am SE is an attractive blend of sporty looks and good value. Anti-lock brakes and air conditioning are standard, as is traction control when the automatic transmission is specified.

Counterpoint: The bottom cushions of the front seat need to be longer, and it is too bad an integrated child seat is not offered since this is a car that appeals to young families.

POINTS & PLUGS

By Rick Stoff

Someday your General Motors car could be powered by a Chinese engine. GM has started construction of a \$1.6 billion factory that will be capable of building 100,000 Buicks and 100,000 V-6 engines each year when it opens late in 1998. Some of those engines will be exported for installation in cars built elsewhere.

Ford is now selling 11 alternative-fueled vehicles after adding five new ones to its roster for the 1998 model year. One of the new vehicles is an electric Ranger pickup. Other new models are dual-fuel F-Series trucks and vans that can burn either natural gas or propane in addition to gasoline.

An alternative propulsion system that likely will not be seen on the road again is steam. But it was 90 years ago this summer that a specially built Stanley Steamer streamliner was destroyed in a crash on Ormond Beach, Fla., while attempting to set a new land speed record. The car carried a body made out of a wooden canoe turned upside down. It was the most aerodynamic structure that could be found at the time, but it didn't hold up very well once the car started bouncing on ripples in the sand.

The summer before the crash, however, the pre-splintered, steam-driven car set an official record of 127 miles per hour that stood for four years.

A market research company, ADP Autosource, has found that cars as diverse as the Honda Civic, Dodge Viper, Chevrolet Impala and Subaru Impreza have the best resale value retention rates of any 3-year-old cars on the road.

A 3-year-old Honda Civic is worth 82.3 percent of original value, while the Viper follows at 81.7 percent, the Impala at 81.4 percent and the Impreza at 80.7 percent. Rounding out the top 10 cars were the BMW 318i convertible, Saturn SC2, Saturn SC1, Mercedes-Benz C220, BMW 325i and Saturn SW2.

Three trucks exceeded the 90-percent market in three-year value retention. They were the Toyota Land Cruiser (94.6 percent), Chevrolet Suburban (93.1 percent) and GMC Suburban (91.2 percent). Also in the top 10 were Land Rover Defender, Toyota 4Runner, Chevrolet S10, GMC C/K pickups, Nissan King Cab, Dodge Ram and Jeep Wrangler.

Hot weather can make your car as miserable as it can make you. If your car hasn't keeled over already, here are some tips from Valvoline Co. technical services director Norm Hudecki:

Take good care of your battery and its terminal connections. Hot weather saps energy from the battery and makes starts more draining. And make sure the engine coolant is the proper mixture of anti-freeze coolant that is not worn out. Fresh anti-freeze is less prone to boiling. The correct motor oil for summer use is important, too.



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LARGE FARM HOUSE Many updates in last 3 years. 4 bedrooms, 1 1/2 baths, 100' x 100' lot. Priced at \$158,000. LG36

Large over-sized 2 car garage with this 3 bedroom home, wood-burning stove, 2 bed rooms, dining room, 2 full bathrooms, priced in the low 50's. LG45

PRICE JUST REDUCED on this home of a house. Very spacious living room. Huge master bedroom with attached mirrored closet door. 2 bedrooms and bonus sun room on back of house. Owner price down here. LG25

OUTSKIRTS OF TOWN 2 bedroom bungalow with basement. Newer, colonial 600 sq ft plus on acre of ground on the back of property. Priced under \$50,000. LG510

SPECIAL FINANCING AVAILABLE on this beautiful 1981 Townhouse. Trailer on fenced lot with carport & deck. New carpet & vinyl, stereo system, microwave, refrigerator & dishwasher. Priced to sell at \$23,900. LG50

LITTLE PRICE LOTS OF ROOMS 2 story home on corner lot has 3 bedrooms, 2 baths. Under \$30,000. LG42

HOUSING & INCOME 100 Four room home with basement on corner lot. Small home in year with many updates. Call for all the details. LG203

EDGE OF TOWN on large fenced lot, nice 2 bedroom home with large attached kitchen, beautiful wood cabinets, built ins, formal dining room, living room, 1st floor laundry room, storage. Price REDUCED to only \$48,900. LG56

TRIPLETS 3 bedrooms & 3 1/2 baths. Very large family room. Freestone, formal dining room, kitchen with island. 2 car attached garage, call for your private showings. LG142

A HOME YOU CAN'T PASS UP Cute 2 bedroom, C/A, new carpeting, full basement, garage, very large living room. Decorated very nicely. Close to everything. Low 50's. LG103

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Connie Morris... 782-3412
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LOVELY RANCH ON CUL-DE-SAC 19' of beautiful oak columns, fans, wood burning fireplace, cathedral ceilings, large apartment. Located in Troy. LG781

REDUCED! REDUCED! Large Home. Large Rooms. Small Price. 2 bedrooms, 2 1/2 baths. Call for more details and an appointment. LG240

LARGE HOME - ELEVEN ROOMS needs a little love. 1st floor laundry, full basement, 100' x 100' lot. Priced very reasonably. Call for details. LG102

REDUCED! REDUCED! Large Home. Large Rooms. Small Price. 2 bedrooms, 2 1/2 baths. Call for more details and an appointment. LG240

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REDUCED! REDUCED! Large Home. Large Rooms. Small Price. 2 bedrooms, 2 1/2 baths. Call for more details and an appointment. LG240

OPEN HOUSES - SATURDAY

HOT SUMMER SALE! Just reduced! Start packing. You can't wait this lovely 2 bedroom home with full basement, garage and cute side yard. Large rooms. Priced in 30's. 2830 Washington. Hostess: Janet Parvay

THIS 1 1/2 STORY 4 bedroom home has lots of room, eat-in kitchen plus breakfast nook, new windows, garage with floorcoat deck & electric, large closets, fenced lot at edge of town. Could possibly be zoned for commercial. 1213 W. Patton Rd. Hostess: Brenda Phillips

NEW CONSTRUCTION IN ARLINGTON on a wooded 2 acre lot. Still time to choose your carpet for this beautiful 2 story with 3 bedrooms, 3 baths, roomy kitchen with lots of lovely cabinets, aluminum dishwasher, formal dining room, living room, family room, fireplace, 2 car garage, much more. Hostess: Brenda Phillips

LOVELY RANCH ON CUL-DE-SAC 19' of beautiful oak columns, fans, wood burning fireplace, cathedral ceilings, large apartment. Located in Troy. LG781

WON'T LAST LONG! Lovely 3 bedroom Ranch, full basement with large 2nd floor, 3 1/2 baths, 2 car garage, carport. Huge 24x40 detached (heated & air conditioned) workshop for hobbies or business. Located in Mitchell off Old N. Hwy. Rd. 2844 Guth. Hostess: Morris

BEAUTIFUL HOME in great location! 2 story, 4 bedrooms, 3 1/2 baths, 2 car garage. Among the many features of this beauty is 1 car garage, corner lot, double lot, eat-in, lovely patio, Jenn air range, large lot. All large double closets, central vac system. 3503 Maryville Rd. Hostess: Diane Simon

REDUCED! REDUCED! Large Home. Large Rooms. Small Price. 2 bedrooms, 2 1/2 baths. Call for more details and an appointment. LG240

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OPEN HOUSES - SUNDAY

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1710 ILLINOIS GARAGE SALES

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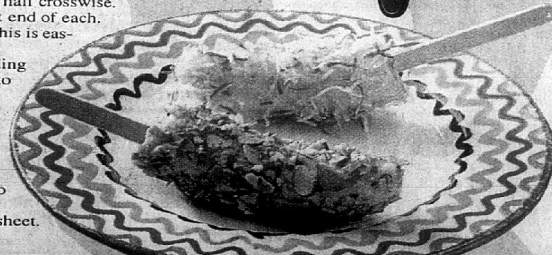
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Today's Food

Wise Ways

By CAROL SCHLITT

Back-to-school checklist includes lunch

You've bought the notebooks in their favorite colors, clothes in favorite lengths and gotten the kids their un-favorite shots. They're ready for school. Or are they?

Sorry, parents, a few vital items still remain on the back-to-school checklist. Actually, this list needs attention all through the school year — long after those new blue jeans are ripped and faded.

Breakfast: Whether your child eats at home, at school or manages to munch on an apple and bagel at the bus stop, fueling up is a necessity for bringing brain cells up to full capacity. Teachers can tell if a child is skipping breakfast by his or her late-morning behavior and school performance.

Lunch: Students who choose to eat the school lunch will be served meals in line with the Dietary Guidelines for Americans. This means burgers, pizza and burritos, some of the students' favorite foods, now are modified to make them lower in fat and sodium and higher in fiber. If your child packs his own lunch, make sure at least four of the five food groups are included.

Snacks: When they hit the door after school, most kids head straight to the refrigerator. Your job as a parent is to make sure there are nutritious snacks readily available.

NO-BAKE BREAKFAST COOKIES

- 1/2 cup honey
- 1/2 cup creamy peanut butter
- 1/2 cup instant nonfat dry milk
- 2-1/4 cups crushed cereal flakes
- 1/2 cup raisins or chopped dates

Heat honey and peanut butter in medium saucepan over low heat. Stir until blended. Remove from heat. Add dry milk. Fold in cereal and raisins.

Drop by spoonful onto waxed paper. Cool.

Store in covered container.

Yields 2 dozen cookies; 73 calories, 2 g fat, 17 mg cholesterol and 43 mg sodium each.

Stock up on baby carrots, grapes, apples, bananas, low-fat crackers, animal crackers, bagels, pretzels, string cheese and yogurt. Designate one "snack spot" in the refrigerator, another in the cupboard, and keep it stocked with nutritious ready-to-eat snacks. This way kids know exactly where to go and what's OK to eat if they are on their own.

Fit Kids: Encourage children to keep moving in active play, exercise or organized sports. Set limits for the time spent at the computer and in front of the television. Best of all, find activities the whole family can participate in together.

Sleep: Skimping on sleep takes its toll on the health and achievement of busy kids. Most kids need at least eight to 10 hours of sleep each night. This is a goal worth enforcing.

It's wise to keep healthful eating fun. Start the day with "good" cookies for breakfast. Here is a no-bake recipe that is fun to make with your child and perfect to grab on a fast-paced morning.

Certified family and consumer scientist Carol Schlitt is nutrition and wellness educator with the University of Illinois Cooperative Extension Service at the Edwardsville Extension Center.

Test Run

Homesick for dessert? Cook up pudding

Rice and tapioca pudding bring a touch of nostalgia to the dessert table, so Suburban Journals' taste testers set out to see if they could elicit the same effect with a few ready-to-cook products from the pudding shelf.

The three products tested, with pricing at Dierbergs, were Uncle Ben's rice pudding with cinnamon and raisins (\$1.69), Jell-O rice pudding (\$1.15) and Jell-O tapioca pudding (89 cents).

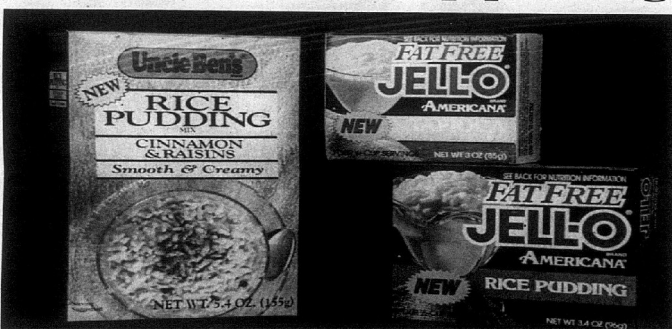
Each was made according to package directions with 1/2 percent milk (instead of skim, as the Jell-O products suggested) and no optional ingredients. They were served chilled, after being refrigerated overnight.

Taste testers decided Uncle Ben's rice pudding looked more like a pudding their grandmother would serve.

"If you want what I think of as old-fashioned rice pudding, I'd go with the Uncle Ben's," a taster decided. Another said, "It is traditional tasting and yummy and reminds me of Christmas."

One tester liked the obvious "extras" in the package.

"The Uncle Ben's rice pudding looks more like homemade and has a nice, cinnamon-y flavor. The raisins are a nice touch," she said.



Looking for a cool dessert beyond a fruit pop or ice cream bar? The search may lead to specialties on the pudding shelf.

Its texture was not what others expected, as it became less creamy after refrigerating.

The person who prepared the puddings said, "Each thickened when it was cooked and, compared to the others, Uncle Ben's would have been delicious served warm. But it absorbed most of the liquid as it cooled, like well-chilled pudding, so if I made it again, I would add a little extra milk to see if it would end up creamier."

Both the other rice and tapioca desserts were

judged more pudding in style. By sight, it was hard to tell which was which.

"I really think the difference between the Jell-O tapioca and rice pudding is negligible. You can detect the rice in the rice pudding, but the bases taste the same," a taster said.

Another thought they were a little more colorful than she expected, but were not a handicap in making a decision.

"Both are too yellow, but both are sweet and somewhat soothing and priced right," she said.

Both men and women tasters preferred the tapioca when the two were judged side-by-side.

"The tapioca is very sweet compared to others, which makes it better because it's not as bland," one of the men said.

For those who never had eaten tapioca, one tester thought the mix should offer good precedent.

"This is a new experience, even if a person grew up not liking the round tapioca beads for dessert," she said.

Fruit

Continued from page 1C

alone, but many people think of it alongside or mixed with another sweet ingredient. Creative desserts bring out the best of fruit's flavor and surround it with other ingredients that are high in taste without being high in fat and calories. Fruit-Filled Phyllo Cups are in this category.

PLUM-NECTARINE CONSERVE

- 3 cups chopped, pitted plums (about 2 lb.)
- 2 cups chopped, pitted nectarines (about 1-1/2 lb.)
- 1 cup dark raisins
- 1 cup unsweetened apple juice
- 1/2 tsp. cinnamon
- 1/8 tsp. nutmeg
- 1/8 tsp. ginger
- 1/2 cup chopped pecans

Prepare home canning jars and lids according to manufacturer's directions.

Combine plums, nectarines, raisins, apple juice, cinnamon, nutmeg and ginger in large saucepan. Bring to boil. Reduce heat. Simmer until mixture begins to thicken. As mixture thickens, stir often to prevent sticking. Add pecans. Simmer 5 minutes.

Carefully ladle hot conserve into hot jars, leaving 1/4-inch head space. Wipe each jar rim clean. Place lid on jar with sealing compound next to glass. Screw band down evenly and firmly until fingertip tight.

Process 15 minutes in boiling-water canner.

Makes about 2 pints.

FULL-OF-FLAVOR STRAWBERRY JAM

- 4-1/2 cups crushed strawberries (about 2 quarts)
- 1/2 cup unsweetened pineapple juice
- 1 tbsp. lemon juice
- 1 tsp. grated lemon peel
- 1 pkg. no-sugar-needed pectin
- 2 cups sugar

Prepare home canning jars and lids according to manufacturer's instructions.

Combine strawberries, pineapple juice and lemon juice and peel in large saucepan. Gradually stir in pectin. Bring mixture to boil, stirring constantly to prevent sticking.

Stir in sugar. Return to rolling boil. Boil hard 1 minute, stirring constantly. Remove from heat. Skim foam, if necessary.

Carefully ladle hot jam into hot jars, leaving 1/4-inch head space. Wipe each jar rim clean. Place lid on jar with sealing compound next to glass. Screw band down evenly and firmly until fingertip tight.

Process 10 minutes in boiling-water canner.

Makes about six (8-ounce) jars.

FRUIT-FILLED PHYLLO CUPS

- 6 sheets phyllo dough
- Granulated sugar
- 1 cup whipped topping
- 1 cup blueberries or other fresh fruit
- 1 cup raspberries or other fresh fruit
- Confectioner's sugar

Preheat oven to 350 degrees. Spray 6 extra-large muffin tins with butter-flavored nonstick cooking spray.

Keep unused dough covered to prevent it from drying out. Place phyllo dough, 1 sheet at a time, on clean, dry surface and fold into quarters. With sharp knife, cut at folds of dough, leaving 6 squares, each 4 sheets thick.

Place 1 square of dough into each prepared muffin cup. Gently fluff edges, forming flower shape. Spray dough with cooking spray and sprinkle with granulated sugar.

Bake dough in preheated oven 4 to 5 minutes until lightly browned. Let cool in pan.

To prepare for serving, remove dough cups from pan, fill each with 1/3 cup whipped topping and top with berries or other fruits. Sprinkle with confectioner's sugar. Serve chilled.

Makes 4 servings; 105 calories, 2 g protein, 18 g carbohydrate, 3 g fat, 102 mg sodium and 2 g dietary fiber each.

Micro Raves

By SANDRA HOUNSOM

Fresh-baked muffins in a microwave memorializes morning

For a change from the same old bread or rolls for a meal, try muffins. Warm, fresh-baked muffins will entice anyone to the breakfast table. Even plain muffins dress up a luncheon or dinner.

Muffins forgive the most imaginative cook. Favorite ingredients can be combined to create new taste sensations. For a quick breakfast on the run, grab a muffin in one hand, a piece of fresh fruit or glass of juice in the other.

With today's microwave-oriented society, meals are made and eaten in a hurry. Muffins take only 5 minutes to make and even less time to bake in a microwave oven.

Use a microwave muffin pan or small individual custard cups, each lined with two paper cupcake liners. Double papers help keep extra moisture from the surface of the cupcake or muffin. Fill papers only one-third full because a microwave causes the batter to rise higher.

If using custard cups, arrange

No establishments know muffins better than bed and breakfast inns. Laura Zahn, in her recently published book, "Innkeepers' Best Muffins," (Down to Earth Publications, 1997) lists the favorite muffin recipes of innkeepers across the U.S. The book also tells about each inn, complete with address and phone number.

them in a circle in the appliance with at least 1-inch space between them. Remove muffins and liners immediately after cooking to serve immediately or put them on a rack to cool, so they do not become soggy.

Muffin batter can be refrigerated in a tightly-covered plastic container up to a week, so muffins can be enjoyed individually as the need arises. A single muffin cooks on high in

just 30 seconds. In one minute, two are ready to eat. Six muffins are ready in 2-1/2 to three minutes.

No establishments know muffins better than bed and breakfast inns. Laura Zahn, in her recently published book, "Innkeepers' Best Muffins," (Down to Earth Publications, 1997) lists the favorite muffin recipes of innkeepers across the U.S. The book also tells about each inn, complete with address and phone number.

Marjorie Martin of Peppertrees Bed and Breakfast Inn in Tucson, Ariz., chose Bacon Cheese Muffins as a favorite. These muffins exemplify a meal-in-a-muffin, with bacon and cheese ingredients, that could be served as easily at a weekend brunch as from individual packages in the freezer. Add fruit and milk for a quick meal.

The original recipe for a conventional oven has been adapted for the microwave.

Home economist Sandra Hounsom specializes in microwave cooking.

BACON CHEESE MUFFINS

- 6 slices bacon
- 2 cups flour
- 1/4 tsp. salt
- 1 tsp. baking powder
- 2 tbsp. sugar
- 1/2 cup (2 oz.) grated sharp cheddar cheese
- 1 egg
- 1/4 cup oil
- 1 cup milk

On microwave-safe plate, place bacon in single layer on several layers of paper towels. Cover with 1 paper towel. Microwave on high power 5 minutes. Remove top towel. Crumble bacon.

Place 2 paper cupcake liners in each custard or cupcake cup.

Measure flour, salt, bak-

ing powder, sugar, bacon and cheese into large bowl. Stir well. Make well in center of ingredients.

Beat egg in small bowl. Add oil and milk. Add to dry mixture. Stir until just moistened.

Spoon batter into cupcake papers, filling one-third full. If using custard cups, arrange in circle in microwave oven. Cook according to number of muffins desired, estimating 30 seconds for 1 muffin and 2-1/2 to 3 minutes for 6 muffins.

Refrigerate extra batter; or bake entire batch and freeze extras to reheat individually in microwave 10 to 15 seconds.

Fruit

Celebrating from the printing recipe French looking This tro fa tana ent, word the F modes lettuce toes, p cooked an eff dish? Nicol the Fr posed" bly of ly, arr tossed enhance element Waldor "salac appreci taste b To s assembl on a bi multipl the ingr ipe pro meal, a life pal refreshi standar meals. Chels vate the with its by usin tuna in fish. Gri informal canned simple sine. Wi tuna, m chunk 1 solid lig

Reci

GREEN POR

- 3 lb. bonele roast
- 3/4 cup olive
- 3/4 cup lemo
- 1 tsp. orega
- 1 tsp. salt
- 1 tsp. pepp

HOURS:
M-F 9AM-6PM
SAT 9AM-5PM
SUN 11AM-5PM

GRO BEE

CHO SIRD

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K-B

PORK OR BEEF

MARINATED CHICKEN

French know how to put tuna in favorable order

Celebrate independence from the kitchen stove by printing a page from the recipe books of the French. Serve an elegant-looking Nicoise salad.

This classic French bistro fare holds canned tuna as a classic ingredient, emphasizing the word "class." Who but the French could turn modest ingredients like lettuce, green beans, tomatoes, green beans, hard-cooked eggs and tuna into an effortlessly perfect dish?

Nicoise salad is what the French call a "composed" salad, an assembly of various attractive ingredients tossed to combine and enhance their assorted elements. Chef salad and Waldorf salad are both "salade composee" appreciated by American taste buds.

To serve a crowd, assemble a giant Nicoise on a big serving platter, multiplying amounts of the ingredients in the recipe proportionately. The meal, as pretty as a still-life painting, will be a refreshing change from standard summer cookout meals.

Chefs have tried to elevate the humble Nicoise, with its Provencal roots, by using grilled fresh tuna in place of canned fish. Grilled fish makes it informally elegant, while canned fish turns it into simple Continental cuisine. When using canned tuna, make sure it is the chunk light variety, as solid light and solid white

are too hard and dry.

Serving a Nicoise is easy. Preparations can be made a day ahead. Frozen green beans, defrosted, can be used in place of fresh ones if the cook is pressed for time.

Wait to dress the salad until it will be served. Sitting in dressing causes the lettuce and tomatoes to wilt and the beans to turn gray after an hour or so.

Submitted for the American Institute for Cancer Research by Dana Jacobi, author of the "Best of Clayport Cooking" and "The Natural Kitchen: Soy!"

Freshly ground pepper

Preheat grill, grill pan or ridged griddle.

Coat tuna with olive oil. Grill fish until cooked through, turning it once, about 4 minutes per side, depending on thickness of pieces. Let cool at room temperature.

Boil large pot of water. In sink, fill second large bowl with ice-cold water.

Cook beans 4 to 5 minutes until tender-crisp. Using slotted spoon, immediately transfer beans to cold water. Let cold water run over them until they are chilled through. Drain well.

Assemble salad by tearing lettuce into large pieces. Arrange them to cover serving platter. Place cooked fish in center. Cut potatoes in half and arrange in ring around fish. Arrange beans around potatoes. Sprinkle capers over potatoes. Decoratively place egg whites, tomato and anchovies on platter. Sprinkle olives and onion over salad.

Salad can be covered and refrigerated with ingredients stored separately or platter covered at this point until time to serve.

In small bowl, combine vinegar, garlic and salt. Whisk in oil. Season to taste with pepper. Pour over salad, being sure to moisten fish well. Serve immediately.

Present salad at table. Remove tuna pieces to small plate.

SALAD NICOISE

- 1 lb. fresh tuna, cut in 1/4-pound chunks, or 2 cans (6 1/2 oz. each) chunk light tuna in water
- 1 tsp. plus 2 tbsp. extra-virgin olive oil
- 8 oz. fresh green beans, stemmed
- 12 romaine lettuce leaves
- 1/4 lb. new potatoes, cooked, peeled
- 1 tsp. capers, rinsed, dried, chopped
- 2 hard-cooked egg whites, quartered
- 1 medium ripe tomato, cut in 8 wedges
- 8 anchovy filets, rinsed, dried (optional)
- 1/4 cup pitted black olives
- 4 thin slices red onion
- 1/4 cup red wine vinegar
- 1 clove garlic, minced
- 1 tsp. salt

- 6 cloves garlic, minced
- Spicy Yogurt Sauce

Place pork loin in large plastic food storage bag.

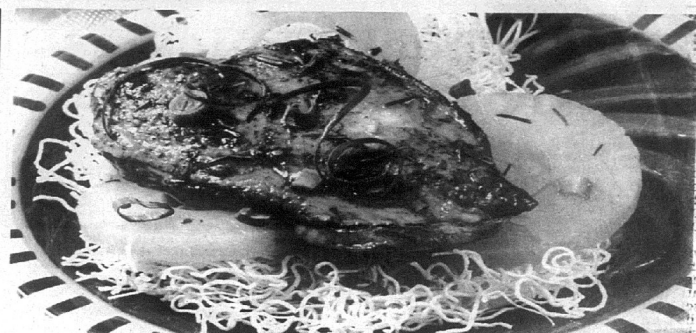
Combine oil, lemon juice, oregano, salt, pepper and bag. Pour over pork. Seal bag. Refrigerate overnight.

Discard marinade. Place pork over drip pan on grill.

Grill over indirect heat in covered grill 1 to 1 1/2 hours

until meat thermometer inserted in center of meat reads 155°.

Spicy Yogurt Sauce: In small bowl, stir together 1 cup plain yogurt, 1 cucumber, peeled and chopped; 1/2 teaspoon crushed garlic; 1/2 teaspoon crushed coriander seed; 1/4 cup minced red onion, and 1/4 teaspoon crushed red pepper. Refrigerate, covered, until ready to



New taste sensations come from individual favorites introduced together to form a new invention.

Simply fusing flavors meshes favored cuisines

Once considered trendy, the concept of fusion cooking is fast becoming a permanent fixture on restaurant menus all across America. It's a style in which chefs blend elements from diverse cuisines to create exciting new taste sensations. When done with care and good culinary sense, the results are as refreshing as they are delicious, resulting in the best of all worlds.

For a more specific definition, think of fusion cooking as an actual "fusing" of selected ingredients and techniques, like a Mexican pizza.

This popular combination takes on an Italian classic and transports it to another dimension by adding the favorite flavors and textures of Tex-Mex foods. Pizzas overall were probably one of the first American-style fusion foods. Over the years they have moved into a taste of everything from Cajun to Cordon Bleu toppings.

In between basic and esoteric examples are quick, easy fusion ideas for everyday home cooking.

Latin Rosemary Chicken is a great place to start for its flair and convenience. Tangy pineapple makes a tantalizing counterpoint to browned chicken breasts, rosemary adds a continental slant and red pepper flakes give it a Latin kick. Try it over Asian noodles with green beans on the side.

When a creativity bug bites, look in the specialty foods section or ethnic markets for intensely flavored sauces, from mole to hoisin, then add favorite meats or fish and fresh herbs, and have fun in the kitchen or outside at the grill.

Contrasting flavors and textures often work best together. Spicy foods are best tempered by juicy, naturally sweet fruit, or roasted, crisp meats are served with sweet/hot condiments, such as chutney. Diverse ingredients should be kept to a minimum, but if a combination sounds good, give it a try.

Here are some starters: • Toss cooked basmati rice with drained, crushed pineapple. Sprinkle with a classic Thai combination of chopped fresh mint and basil just before serving. Serve with barbecued or roasted chicken and bottled fruit chutney.

• Glaze meatballs or meatloaf with hoisin sauce, slightly thinned with low-sodium soy sauce. This is also good on spareribs, served with baked yams and creamy polenta.

• Stir mascarpone, a thick and creamy Italian cheese available in specialty markets and some supermarket dairy cases, into gazpacho, or add a dab to a bowl of chili or black bean soup.

• Toss drained, crushed pineapple with diced fresh mango or papaya, finely diced red onion and cilantro. Serve the tropical salsa

with seafood or grilled chicken.

LATIN ROSEMARY CHICKEN

- 1 can (20 oz.) sliced pineapple, drained, reserving juice
- 6 boneless chicken breast halves
- 2 tbsp. margarine
- 1 clove garlic, finely chopped
- 1/2 tsp. rosemary, crushed
- 1/4 tsp. red pepper flakes
- 1/2 cup water
- 2 tsp. cornstarch
- 1/4 cup chopped green onion

In large skillet, cook chicken in hot margarine over medium heat until browned. Stir in garlic. Continue cooking 2 minutes. Stir in reserved juice, rosemary and pepper. Lower heat. Cook, covered, 30 minutes. Remove chicken to serving platter.

Combine water and cornstarch. Stir into pan juices. Cook until mixture boils and thickens. Add pineapple and onion. Heat through.

Spoon sauce over chicken. Serve with Asian noodles and green beans, if desired. Garnish with green onion curls, if desired.

Makes 6 servings; 352 calories, 17 g fat, 92 mg cholesterol, 493 mg sodium, 18 g carbohydrate and 31 g protein each.

Recipes

GREEK-STYLE PORK LOIN

- 3 lb. boneless pork loin roast
- 1/4 cup olive oil
- 1/4 cup lemon juice
- 1 tsp. oregano
- 1 tsp. salt
- 1 tsp. pepper

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Today's Food

Pick a peck of pickles for snacking anytime

Pickles and pickled peppers fit perfectly into summer meals, picnics, barbecues and special occasions.

They add crunch and color to dishes, plus add spicy, sweet, zesty, hot or mellow flavors to sandwiches and salads. Their juice adds zip to marinades for foods that go on the grill.

Just use pickle or pickled pepper juice in place of vinegar in a favorite marinade recipe, or mix ½ cup pickle or pickled pepper juice with ½ cup oil and add crushed garlic for a zingy mixture that complements chicken, pork or beef. The longer foods marinate, the more intense their flavor.

They are convenient to use. Each American, on average, munches on about nine pounds of pickles per year, so there probably is a jar already in the refrigerator or pantry. Keep a variety on the shelf as a handy staple.

Both are perfect, eat-out-of-hand snacks kids of all ages love. Cut open a pickled pepperoncini pepper and stuff with a strip of Monterey Jack or cheddar cheese. For the younger set, insert a pop-sicle stick into a chilled, whole dill pickle for a hand-held "Chilly Dilly." Pickles and pickled peppers, loaded with flavor, have no fat and very few calories — a waist-watcher's dream.

There are more than 36 kinds of pickles, each with many variations,

and nearly 20 types of pickled peppers, so at least one variety usually pleases any palate.

For more quick, easy and flavorful pickle and pickled pepper recipes, send a self-addressed, stamped, business-size envelope to: "The Secret Is... Pickles," Pickle Packers International, c/o DHM Group Inc., P.O. Box 767, Department FF, Holmdel, N.J. 07733.

For pickle recipes that kids like, send a self-addressed, stamped, business-size envelope to: "Food Favorites for Kids from Kids," Pickle Packers International, c/o DHM Group Inc., P.O. Box 767, Department FF, Holmdel, N.J. 07733.

PICKLED TORTILLA ROLL-UPS

- 3 green onions, tripped
- 12 mild pickled banana pepper rings (or sliced mild cherry peppers)
- 1 pkg. (8 oz.) cream cheese
- 4 large flour tortillas
- 2 medium carrots, grated
- Alfalfa sprouts
- 8 slices baked ham (about ¾ lb.)
- 4 lengthwise slices of dill pickle

Cut onion and pepper rings in small pieces. Stir into cream cheese.

Spread equal amounts of mixture onto each tortilla. Sprinkle with grated carrot and sprouts. Top each with

2 slices ham and 1 lengthwise slice of pickle. Roll tortillas from one side, keeping roll tight without pressing out filling. Serve immediately, or promptly wrap each roll tightly in plastic wrap and refrigerate. Makes 4 servings.

GERMAN PICKLED POTATO SALAD

- 1½ lb. red potatoes, cut in 1 inch chunks
- 1 pkg. (8 oz.) sliced bacon, diced
- 1 cup sliced kosher dill pickle (½-inch slices)
- 2 large scallions, sliced
- ¾ cup cider vinegar
- 1 tsp. sugar
- ½ tsp. salt
- ¼ tsp. pepper

In 2-quart saucepan, cover potatoes with water. Bring to boil over high heat. Reduce heat to low. Simmer, covered, 15 minutes or until potatoes are just tender. Drain.

Meanwhile, in 12-inch skillet over medium-high heat, cook bacon until crisp, stirring occasionally. Drain bacon on paper towels. Discard all but 1 tablespoon drippings from skillet. Over medium heat, add potatoes, pickle, scallions, vinegar, sugar, salt and pepper.

Cook 3 to 5 minutes until potatoes are lightly browned and mixture is heated through, stirring frequently. Stir in bacon.



Spaghetti and red tomato sauce have an affinity for spending dinner time together.

Pasta and tomato sauce match like heaven, earth

Vine-ripened local tomatoes are the key ingredient to perhaps the most elemental Italian pasta sauce, called "salsa cruda." The words "raw sauce" do not begin to convey its piquant, aromatic flavors or the succulent, contrasting flavors, temperatures that come by tossing this simple topping with warm pasta.

As with any other pasta sauce, salsa cruda can be varied by adding chopped olives, capers, anchovy, sun-dried tomato or any other favorite ingredient.

Whatever else goes into the pot, lush, ripe tomatoes are essential to the sauce's success. Nothing else can make up for the lack of flavor if anything less than the best tomatoes are used. When they are juicy and full of flavor, many types of fresh tomato can be used with great flavor results.

Here are two Italian-style tomato sauces. The first one is a light variety developed by Dana Jacoby, author of the "Best of Claypot Cooking," and "The Natural Kitchen: Soy!" for the American Institute for Cancer Research.

The light rendition goes well with more than pasta. She recommends it as an accompaniment to grilled, broiled or baked fish, such as salmon, swordfish and halibut, or it can be used

on slices of grilled garlic bread to make bruschetta. The sauce with crumbled feta cheese or diced mozzarella added, then sprinkled over mixed salad greens becomes a light main dish. With rice it becomes a salad, with cooked bulgur it becomes tabouleh.

Paul Arnot serves the capellini dish at Paul's in Clayton, which he and his wife, Sharon, started five years ago to offer affordable gourmet foods. It is one of their patrons' favorite summer dishes that is easy to make at home, too.

In large pot of water, cook spaghetti al dente according to package directions. Drain.

In large, warm serving bowl, toss pasta with remaining 1 tablespoon oil to keep it from sticking.

Mix parsley and basil into tomato. Season generously with pepper. Pour salsa cruda over warm pasta. Toss until well blended. Serve immediately.

Makes 5 servings, 352 calories and 10 g fat each.

SPAGHETTI WITH SALSA CRUDA

- 1½ lb. plum tomatoes, seeded and diced (about 4 cups)
- 1 tsp. kosher salt
- ¼ cup finely chopped red onion
- 3 tbsp. extra-virgin olive oil
- ¼ cup coarsely chopped flat parsley
- 2 tbsp. coarsely chopped fresh basil
- ¾ lb. uncooked whole wheat or plain spaghetti

Freshly ground pepper. In non-reactive bowl, combine tomato with salt, onion and 2 tablespoons oil. Set aside 15 minutes.

CAPPELLINI WITH FRESH TOMATOES AND BASIL

- 2 lb. uncooked capellini pasta
- 6 large tomatoes, peeled, chopped
- 3 oz. chopped fresh basil
- 2 oz. roasted pinenuts
- 2 cups chicken broth
- 1 cup olive oil
- 3 tsp. chopped fresh garlic

Salt and pepper to taste. In large pot, cook capellini until al dente, done but still firm. Drain.

In skillet, combine oil, garlic and broth. When mixture begins to boil, add tomato, basil and pinenuts. Season with salt and pepper.

Recipe

CHICKEN ENCHILADAS WITH PICKLED VEGETABLES

- 1 cup peeled, chopped potato
- 1 cup peeled, chopped carrot
- 1 cup chopped onion
- ½ cup chunky salsa
- 2 tsp. red wine vinegar
- 3 large chicken breasts, cooked, shredded (2½ cups)

- 1 can (10 oz.) enchilada sauce
- ¼ cup oil
- 6 (6-inch) corn tortillas
- ¾ cup (3 oz.) shredded Monterey Jack or queso fresco cheese
- Fresh sprigs cilantro, if desired

In saucepan, cover potato, carrot and onion with water. Bring to boil. Reduce heat to medium-low. Cook 10 to 12 minutes until vegetables are tender-crisp. Drain.

In medium bowl, combine vegetables, salsa and vinegar well. Chill, covered, 1 hour.

Combine chicken and ¼ cup enchilada sauce in medium bowl.

In separate small skillet, heat oil 2 to 3 minutes over medium-high heat. Using tongs, pass tortillas through oil to soften. Place on paper towels to soak.

Pass tortillas through enchilada sauce in skillet. Place ¼ cup chicken mixture down center of each tortilla. Roll up.

Heat in preheated 350° oven 10 to 15 minutes, or microwave on high power 4 to 5 minutes, until cheese is melted. Top with pickled vegetables.

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Today's Food

Heart-y Bites

By KATHLEEN OBERT

Earthy base of pyramid fills plate with grains

Grain products form the foundation of the Food Guide Pyramid. Besides grains, this food group includes bread, cereal, rice and pasta.

The pyramid suggests six to 11 servings per day. It is important to note that one serving is not a plateful. For example, the amount of food that constitutes one serving is 1 slice bread, 1 (six-inch) tortilla, 1 ounce ready-to-eat cereal, 3 or 4 small crackers or ½ cup cooked cereal, rice or pasta.

Grain products supply complex carbohydrates which are powerful energy sources. Enriched or whole-grain products contain B vitamins and iron. An enriched food also adds thiamin, riboflavin, niacin and iron at a level comparable to the amount found in its whole-grain counterpart, while it lacks the fiber, magnesium, vitamin E, pyridoxine and trace minerals in that comparison products.

A unique grain product is converted rice, which is prepared by parboiling the

rice kernels before removing the husk. During this process, the nutrients normally concentrated in the outer husk are driven into the kernel, where they remain when the husk is removed.

While converted rice contains less fiber than brown rice, it supplies many nutrients found in the whole-grain product. It often is enriched with thiamin and iron. When cooking any enriched rice, it is important not to rinse it, because this process washes away the added vitamins and iron.

Pecan Rice can be used as a main dish and served with lima beans and a tomato and cucumber salad with red wine vinegar. Another menu idea is to spice up a grilled skinless chicken breast half by adding Pecan Rice alongside a salad of lettuce, shredded carrot and tomato with fat-free salad dressing.

Each generous serving of Pecan Rice counts as two servings from the grains food group and ½ servings from the fat group.

Registered dietitian Kathleen Obert is a member of the nutrition committee of the American Heart Association, St. Louis Chapter.

PECAN RICE

- 1 cup uncooked converted long grain rice
- 2½ cups water
- 3 tsp. diet margarine
- 1 clove garlic, minced
- ½ cup chopped green onion
- 3 tbsp. pecans, finely chopped
- ½ tsp. salt
- ¼ tsp. red pepper
- ½ cup sliced zucchini

Bring water to boil. Stir in rice. Reduce heat. Simmer, covered, 20 minutes. Remove from heat. Let stand, covered, 5 minutes.

Coat 10-inch skillet with nonstick cooking spray. Heat skillet. Sauté garlic, onion and pecans 5 minutes. Add salt and red pepper. Cook 3 minutes longer. Slice small zucchini or quarter a large zucchini before slicing.

Recipe

TOASTED POUND CAKE WITH BERRIES

- 1 tbsp. plus 2 tsp. sugar
- ¼ cup dry red wine
- 2 tbsp. water
- 2 strips lemon peel
- 2 whole cloves
- 1 cup sliced strawberries
- ½ cup raspberries
- 4 slices (¾ inch thick) pound cake
- 1 tbsp. butter
- 1/8 tsp. cinnamon
- 4 small scoops ice cream, sherbet or sorbet

In small saucepan, combine 1 tablespoon sugar, wine, water, lemon peel and cloves. Bring to boil. Reduce heat. Simmer about 10 minutes. Cool.

In medium bowl, strain cooled liquid over strawberries and raspberries. Let stand at room temperature 30 minutes, or refrigerate as long as overnight.

Just before serving, spread butter on one side of each slice of cake. Combine 2 teaspoons sugar and cinnamon.

Sprinkle over buttered cake. Place in very hot toaster oven several minutes or until brown.

On individual serving plates, lay a slice of cake, spoon fruit compote in and around cake, and top with scoop of ice cream.

Makes 4 servings.

Blue Ribbon Cook

Turkey out-fowls quick summer grill

Eleanor Messmer, St. Louis County, is the winner of this week's recipe contest for Grilled Marinated Turkey Breast. Her prize is dinner certificates at the Pasta House Co.

She takes an easier, quicker, more relaxed route by grilling turkey. She has turkey breast cut in steaks, marinated them eight hours, then grills them long enough to be done but not long enough to lose their flavor and juices.

Recipes for the Best-of-Garden Recipe Contest should reflect the bounty from a late-summer garden. This can include tomatoes (red or green), cucumbers, peppers, eggplant, potatoes, squash and anything else that is a big producer.

Send a single recipe for a main dish, side dish, appetizer or dessert to: Best-of-Garden Recipe Contest, Suburban Journals, 1714 Deer Tracks Trail, St. Louis, Mo. 63131.

Entries will be judged for a prize to be awarded each of the four Wednesdays during September.

Type or print the recipe legibly on one side of the paper. Include name, address and telephone number on the entry. Name the Journal you receive.

Be sure to double-check the recipe as it is written for both amounts and directions, including any variations that make this dish special.

If there is a history to the recipe, it will be considered

part of the entry. Along with taste and eye appeal, it will be among criteria used for selecting winners. Originality will be considered, although the recipe need not be original. If possible, name the recipe's source.

Winners are notified by mail. Duplicate entries will be considered on the basis of earlier entry or best compliance with the rules. Contest winners may enter again six months after their prize-winning publication date.

GRILLED MARINATED TURKEY BREAST

- 5 lb. boneless turkey breast
- ½ cup soy sauce
- ¼ cup oil
- 1 tsp. ground ginger
- 1 tsp. dry mustard
- 3 cloves garlic, pressed

Ask butcher to cut turkey in half lengthwise, then crosswise in 1-inch steaks. These will resemble pork chops.

Combine soy sauce, oil, ginger, dry mustard and garlic. Pour over turkey. Refrigerate 8 hours.

Discard marinade. Grill turkey over medium-hot coals 12 to 14 minutes on each side on covered grill. Yields 12 servings.

Note: Steaks can be cut from 5-pound bone-in turkey breast.

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Wedding Memories

A special tribute to couples wed from 1900-1997
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Honor your parents or friends or rekindle your own memories by placing a special tribute in this special section. The deadline is Monday, August 25, and the price is the year the couple was wed. For example: If you were married in 1933, the cost of the ad would be \$19.33. To submit your tribute, complete the form below, include photograph and payment and mail to Suburban Journals, 1714 Deer Tracks Trail, St. Louis, MO 63131. Please put your name and address on the back of the photos so that we may return them. If you have any question, please call us at (314) 966-FAST (3278).

Wedding Memories

General Dept., Suburban Journals, 1714 Deer Tracks Trail, St. Louis, MO 63131

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Date of Wedding

Location of Wedding

City

State

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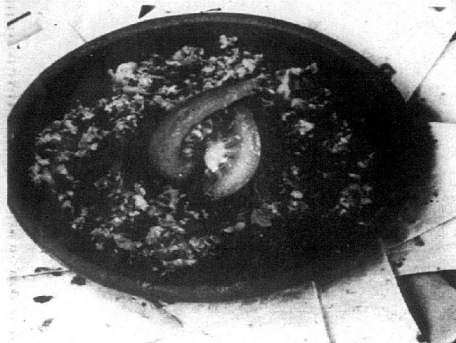
INFORMATION

Attendance is limited. Advance registration is required; reservations can be made by calling Memorial's Community Relations Department at 257-5649.



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Today's Food



Bake tortilla wedges to dip into a mixture that is savory, filling and sharply flavored.

Recipe

THANKSGIVING-IN-AUGUST BURGERS

- 1 lb. ground turkey
- 2 tsp. plus 1/4 cup sweet pickle relish
- 1/2 tsp. salt
- 1 cup cranberry relish or whole berry sauce
- 4 English muffins, halved, toasted

Combine turkey, 2 tablespoons relish and salt. Form into 4 patties.

Grill patties 4 to 5 minutes on each side until no pink juices run from center.

Stir together remaining 1/4 cup relish and cranberry sauce.

Place a burger on bottom half of each muffin, top with relish mixture and close with second half of muffin. Makes 4 sandwiches.

Good Health

Skinny-dipping makes shameless summer sense

By MELANIE POLK

It's time to give dip its due. While known for adding flavor and texture to foods ranging from chips to crudités to buffalo wings, it tends to contribute excess fat and empty calories.

However, dip does not have to be relegated to its status as filler or high-fat flavoring. Today, dips can offer valuable nourishment and vibrant taste without excessive fat and calories.

Almost any dip can be made lighter by substituting a fat-free or low-fat alternative for high-fat ingredients such as cream cheese, sour cream or mayonnaise. Plain, low-fat or nonfat yogurt and sour cream make great bases for favorite creamy dips.

In addition to limiting fat, it is easy to boost nutrition and fiber in dips by using plenty of fresh vegetables.

Make carrot dip by peeling 1 1/2 pounds carrots, cutting them in large chunks and boiling them until very soft. Drain, then process them in a blender with 1/2

teaspoon paprika, 2 cloves garlic (chopped), 1/2 teaspoon ground ginger, 1 tablespoon ground cumin, 1/4 teaspoon black pepper, 3 tablespoons red wine vinegar, 1 tablespoon olive oil, 8 pitted black olives and 1/4 cup chopped fresh parsley until smooth. Serve the dip with red and green bell pepper strips.

Baba Ghanoush is a classic Middle Eastern vegetable puree with smoky, hearty taste.

Start by blending the pulp of 1 large eggplant, baked or cooked, with 2 cloves garlic (crushed), 1/4 cup tahini (sesame seed paste), 1/4 cup lemon juice and 1/2 teaspoon black pepper. Refrigerate the mixture until ready to serve, then top with pine nuts and fresh parsley.

People who love dip, but do not eat dairy products, can get protein from a creamy tofu dip. In a blender, combine 2 cloves garlic (minced), 1 tablespoon minced ginger root,

1/4 cup reduced-sodium soy sauce, 2 tablespoons light sesame oil, 1 tablespoon rice vinegar and 10 ounces firm tofu. Process until smooth. Stir in 6 ounces water chestnuts, finely chopped, and 3 tablespoons finely chopped scallion. Chill 1 hour before serving.

Dips made with grains are a source of dietary fiber. Tex-Mex Tabbouleh is served with Baked Tortilla Chips.

For a free brochure with recipes that celebrate good health and lower cancer risk, send a self-addressed, business-size envelope stamped with 55 cents postage to: American Institute for Cancer Research, Department GH, P.O. Box 97167, Washington, D.C. 20090-7167.

Registered dietitian Melanie Polk is director of nutrition education for the AICR in Washington.

TEX-MEX TABBOULEH WITH BAKED TORTILLA CHIPS

- 3/4 cup uncooked bulgur
- 2 cups boiling water
- 1/2 cup chopped fresh cilantro
- 1/2 cup finely chopped green bell pepper
- 1/2 cup finely chopped onion
- 2 medium ripe tomatoes, chopped
- 1 small jalapeno pepper, finely chopped
- 1/2 tsp. salt
- 1/4 tsp. pepper
- 2 tsp. coarsely chopped black olives
- 1 tsp. finely chopped garlic
- 3 tsp. lime juice
- 1 tsp. olive oil
- 4 (8 inch) flour tortillas, each cut in 8 wedges

In medium bowl, pour boiling water over bulgur. Let stand at least 30 minutes.

Squeeze excess water out of bulgur. Stir in cilantro, bell pepper, onion, tomato, jalapeno, salt, pepper, olives, garlic, lime juice and olive oil. Refrigerate, covered, at least 2 hours. Preheat oven to 350°. Place tortillas in single layer on cookie sheets.

Recipe

VEGETABLE SALAD-IN-A-WRAP

- 2 large red bell peppers, seeded, halved, cut in strips
- 3 small zucchini, ends removed, halved, cut in strips
- 1 can (16 oz.) black beans, rinsed, drained
- 2 cups cooked corn
- 1/2 cup chili sauce or salsa
- 3 tsp. salt-free herb seasoning with onion
- 6 large (9 inch) flour tortillas
- 3 cups packaged lettuce mix of choice
- Cilantro sprigs, if desired

Saute red pepper and zucchini in nonstick skillet with a little water or apple juice until tender.

Combine vegetables with beans, corn, chili sauce and seasoning. Mix well.

Place 1/2 cup lettuce mixture and 1 cup seasoned vegetables down center of each tortilla. Fold top and bottom of tortilla over mixture, then roll in sides to form tight sandwich.

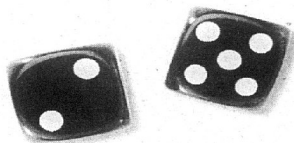
Wrap each roll in plastic wrap. Refrigerate up to 2 hours before serving.

Serve chilled or at room temperature, garnished with cilantro.

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Today's Food

Let lazy days take over grill with veggies

These long hot days of summer may seem easy-going, but their beauty is in a bounteous larder gathered from garden harvests. When a back yard grill and

serve for supper. Melanie Barnard — grilling expert and author of "Marinades" (HarperPerennial, \$10.00) — puts vegetables at the top of her list

April — asparagus, May — spring onions, June — new potatoes, July — summer squash, August — tomatoes and bell peppers, September — eggplant, October —

only need to be brushed with a seasoned marinade, such as Italian salad dressing, to turn them into masterpieces.

Most vegetables are essentially fat-free, so they need a bit of oil to keep them from sticking to a grill rack. When grilled, their natural starches turn to sugars, giving greater depth of flavor. This sweet caramelization, accompanied by a bit of tangy vinegar and the addition of a few herbs and spices, complements each vegetable's natural flavors. A gentle brushing of Italian salad dressing achieves this in a flash.

Seasonal vegetables of late summer — such as bell pepper, onion, zucchini, eggplant, yellow squash and mushrooms — need no indoor pre-cooking.

Slice, then brush vegetables with salad dressing. When done grilling, arrange them atop a bed of greens, drizzle with a bit more dressing and sprinkle with a few croutons or accompany with grilled bread.

For a change of pace, skewer the vegetables, cut in chunks, with chunks of chicken, beef or lamb. Chicken pairs especially well with delicate summer vegetables. When the marinade is married with basil, a summer specialty, the result is terrific.

In Italian Vegetable Kabobs, a cook chooses the vegetable. Beef or lamb easily substitutes for the chicken.

ITALIAN VEGETABLE KABOBS

Combine 1 1/2 cups bottled Italian salad dressing, 1/4 cup chopped fresh leaf basil, 2 tablespoons chopped fresh parsley, 2 tablespoons lemon juice and 2 teaspoons grated lemon peel.

On 4 skewers, alternately thread 1 pound boneless, skinless chicken breast, cut in 1-inch cubes, and 4 cups fresh vegetables, cut in 1-inch pieces (red bell pepper, onion, zucchini, eggplant, yellow squash and mushrooms).

In large, shallow non-aluminum baking dish or plastic bag, pour 1/4 cups marinade over kabobs. Refrigerate remaining marinade.

Cover or close bag. Marinate in refrigerator, turning skewers occasionally, about 1 hour.

Remove kabobs from marinade, discarding used marinade.

Grill or broil kabobs, turning and basting with 1/4 cup refrigerated marinade, 15 minutes or until vegetables are tender and chicken is no longer pink.

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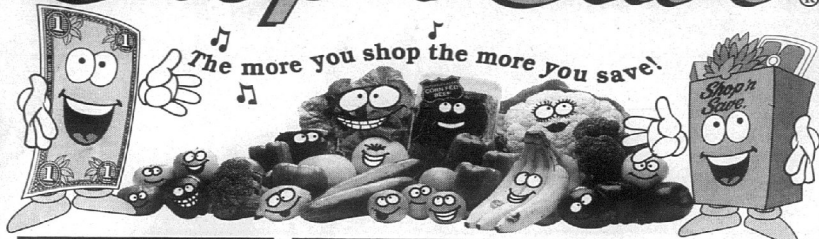
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AT
SHOP 'N SAVE

\$112.63
AT SCHNUCKS
★ YOU SAVE \$28.89
OR 25% AT
SHOP 'N SAVE

\$112.89
AT DIERBERGS
★ YOU SAVE \$29.15
OR 25% AT
SHOP 'N SAVE

CHECK THESE SAVINGS!

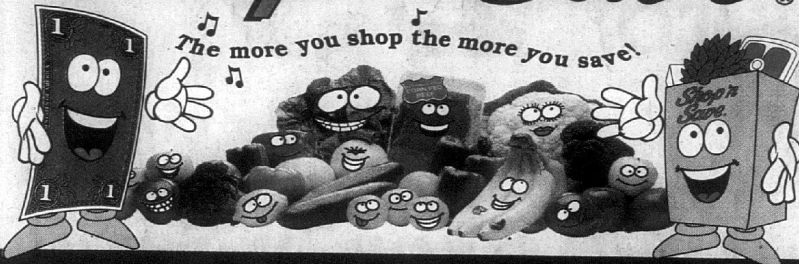
Totals Above Do Not Include Sales Tax

GROCERY DEPT.	Shop 'n Save	Schnucks	You Save At Shop 'n Save	Dierbergs	You Save At Shop 'n Save
ORVILLE REDENBACHER Microwave Popcorn 10.5-oz.	1.50	2.39	.89	2.59	1.09
FRANCO AMERICAN Beef Gravy 10.25-oz.	.50	1.09	.59	.99	.49
HUNT'S Manwich Sauce..... 15.5-oz.	.99	1.59	.60	1.59	.60
BUSH'S BEST Baked Beans 28-oz.	.99	1.39	.40	1.39	.40
FRANCO-AMERICAN Spaghettios 15-oz.	.59	.89	.30	.79	.20
R&F Thin Spaghetti..... 16-oz.	.95	1.19	.24	1.19	.24
BEEF Rice A Roni 6.8-oz.	.99	1.29	.30	1.29	.30
CHERRY Capri Sun 10-pack	2.00	2.69	.69	2.69	.69
STORE BRAND Apple Juice..... 64-oz.	.99	2.39	1.40	1.99	1.00
GREEN GIANT Asparagus 15-oz.	1.69	2.29	.60	2.19	.50
BI-PACK La Choy Chow Mein..... 42-oz.	1.99	2.50	.51	3.19	1.20
SWISS MISS Hot Cocoa Mix 10-ct.	1.69	2.29	.60	2.29	.60
PRE-PRICED \$8.99 Alpo Beef Dinner..... 20-lb.	6.99	8.99	2.00	8.99	2.00
ITALIAN Wishbone Dressing..... 16-oz.	1.99	2.69	.70	2.69	.70
SQUEEZE BARREL Plochmann's Mustard 10.5-oz.	.79	.99	.20	.99	.20
SQUEEZE Heinz Ketchup..... 64-oz.	2.99	4.39	1.40	4.09	1.10
STRAWBERRY Smuckers Jam 32-oz.	2.59	3.19	.60	3.09	.50
GENERAL MILLS Wheaties 18-oz.	2.99	3.69	.70	3.69	.70
Crisco Oil 128-oz.	3.99	6.99	3.00	6.99	3.00
REGULAR OR IODIZED Morton Salt 26-oz.	.25	.45	.20	.39	.14
Clorox Bleach 64-oz.	.99	1.29	.30	1.19	.20
Fuji Video Tape..... each	1.88	3.19	1.31	2.97	1.09
PRE-PRICED \$2.95 Teen Magazine..... each	2.65	2.95	.30	2.95	.30

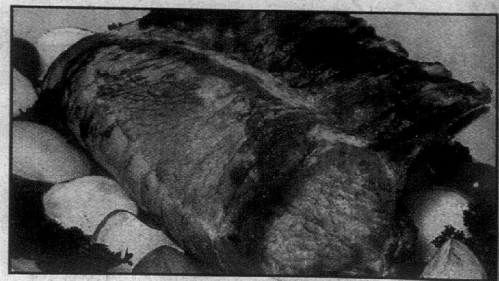
PERISHABLE DEPTS.	Shop 'n Save	Schnucks	You Save At Shop 'n Save	Dierbergs	You Save At Shop 'n Save
PILLSBURY Cinnamon Rolls 11.5-oz.	1.39	1.89	.50	1.89	.50
SHEDD'S Country Crock..... 3-lb.	1.48	1.99	.51	1.89	.41
CORN ON THE COB Green Giant Nibblers.... 6-ear	.99	1.79	.80	1.59	.60
ORE-IDA Crinkle Cuts..... 32-oz.	1.99	2.50	.51	2.69	.70
SAUSAGE Totino's Pizza Rolls... 18-oz. bag	2.99	3.99	1.00	3.79	.80
MAC & CHEESE Michelina's Entrees 8-oz.	.99	1.69	.70	1.29	.30
Pet Cream Pies 14-oz.	.99	1.99	1.00	1.19	.20
STORE BRAND Chilled Orange Juice ... 64-oz.	.99	1.99	1.00	2.49	1.50
PEACH Prairie Farms Yogurt 8-oz.	.50	.75	.25	.79	.29
Hunter Hot Dogs 12-oz.	.89	1.19	.30	1.19	.30
HUNTER LINKS Smoked Sausage 14-oz.	1.49	1.89	.40	1.89	.40
TENDERBIRD BONELESS SKINLESS Chicken Breast..... 3-lb. bag	7.99	8.97	.98	8.99	1.00
BROWN & SERVE Swift Sausage..... 7-oz.	1.29	1.59	.30	1.59	.30
GRADE "A" Whole Fryers..... 1-lb.	.79	.89	.10	.99	.20
FAMILY PACK Ground Chuck 1-lb.	1.99	2.39	.40	2.49	.50
BAKERY DEPARTMENT Hot Dog Buns 8-ct.	1.29	1.69	.40	1.69	.40
DELI DEPARTMENT, ALPINE LACE Swiss Cheese 1-lb.	4.99	5.79	.80	5.99	1.00
DELI DEPARTMENT, AMERICAN OR Mustard Potato Salad..... 1-lb.	1.79	1.99	.20	2.49	.70
DELI DEPARTMENT Rotisserie Chicken each	3.99	4.29	.30	4.89	.90
MEDIUM Yellow Onions..... 3-lb. bag	1.28	1.69	.41	1.99	.71
RUSSET BAKING, U.S. NO. 1 Potatoes 1-lb.	.68	.88	.20	.88	.20

These items were purchased on August 18, 1997 at Schnucks in Des Peres at 9:46 a.m., and at Dierbergs in Warson Woods at 9:33 a.m. Due to time required for ad processing, chain store prices may vary from date items were purchased to date of ad publication. The above prices do not reflect Shop 'n Save manufacturers' deal retails.

Shop 'n Save®



**Overall Your Shopping Will
Cost Less**
With Total Value From Shop 'n Save



RIB OR LOIN END
Pork Loin Roast

159
lb.



5-7 LB. AVG. FROZEN
Cooks Pride Turkey Breast

97¢
lb. LIMIT 1



TENDERBIRD FROZEN
Boneless Skinless Chicken Breast

679
3 POUND BAG



USDA CHOICE CORN FED BEEF
Boneless Sirloin Tip Roast

189
lb.



ALL MEAT
Eckrich Jumbo Franks

129
1-LB. BAG



PORK LOIN SLICED INTO
Pork Chops

199
lb.

BAKERY DEPARTMENT
FRESH BAKED
Bagels..... **129**
5-CT. PKG.

BAKERY DEPARTMENT
BAKED DAILY
Sub Buns..... **99¢**
PKG.

BAKERY DEPARTMENT
Strawberry Rhubarb Pie..... **2/\$5**

R.B. Rice
Pork Sausage..... **2/\$5**
PKG.

SEAFOOD DEPARTMENT
Cooked Salad Shrimp..... **399**
lb.

SEAFOOD DEPARTMENT
Jumbo Cod Fillets..... **399**
lb.

Farmland
Sliced Bacon..... **239**
1-LB. PKG.

JUMBO
Farmland
Deli Franks..... **89¢**
PKG.

ALL VARIETIES
Farmland
Lunchmeats..... **89¢**
PKG.

Eckrich
Smoked Sausage..... **199**
PKG.

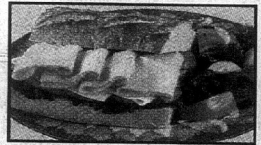
SLICED
Carando
Hard Salami..... **299**
PKG.

ALL VARIETIES
Claussen
Pickles..... **229**
3-CT. PKG.

VALUE PACK
Van De Kamp
Fish Sticks..... **2/\$5**
PKG.

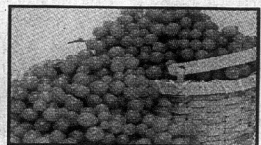
USDA CHOICE CORN FED BEEF
Boneless Sirloin Tip Steak..... **199**
lb.

FAMILY PACK
Center Cut
Rib Pork Chops..... **259**
lb.



DELI DEPARTMENT
99% FAT FREE
Jennie-O Turkey Breast

299
lb.



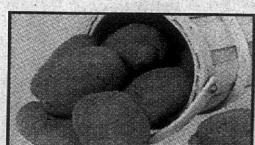
CALIFORNIA
Thompson Seedless Grapes

68¢
lb.



Medium Yellow Onions

98¢
3-LB. BAG



U.S. NO. 1
New Crop Russet Potatoes

138
10 POUND BAG



Try These Exotic Varieties!

Fresh
Cilantro..... **88¢**
BUNCH

Chinese
Long Beans..... **298**
lb.

Crisp White
Bean Sprouts..... **68¢**
lb.

Fresh
Sno Peas..... **198**
lb.

Egg Roll or
Wonton Wrappers..... **128**
1-LB. PKG.

Melissa Dried
Papaya Slices..... **198**
3-CT. PKG.

DELI DEPARTMENT
Swift Corned Beef or Pastrami..... **399**
lb.

DELI DEPARTMENT
Alpine Lace Swiss Cheese..... **399**
lb.

DELI DEPARTMENT
BROWN SUGAR
Kretschmar Ham..... **499**
lb.

California
Peaches..... **78¢**
lb.

125-CT. SIZE
Red or Golden Delicious Apples..... **78¢**
lb.

CALIFORNIA
Red Ripe Strawberries..... **98¢**
lb.

Fresh Sweet
Yellow Corn..... **168**
5-PKG.

REGULAR OR FAT FREE
Dole Complete Salads..... **158**
3-CT. PKG.

5-a Day For Better Health

FRESH
Home Grown
Zucchini..... **68¢**
lb.

Sunfresh
Mango Slices..... **278**
25-CT. PKG.

Seneca
Apple Chips..... **3/\$1**
BAG

TOTAL VALUE

S M T W T F S
20 21 22 23



FOR STORE LOCATIONS CALL (314) 984-0900

DELI/BAKERY/SEAFOOD NOT AVAILABLE AT ALL STORES

PRICES GUARANTEED THRU AUGUST 23, 1997 AT ALL ST. LOUIS METRO STORES ONLY

WE RESERVE THE RIGHT TO LIMIT NO. SALES TO DEALERS



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